

Coming Out to Family

How do I know I'm ready to come out?

Consider these questions!

My 6 Steps to Coming Out

1

Preparing & Warning

(Example: "Hey can we talk?" or "Hey can we talk tonight? Everything is fine")

Best Case Scenario

Worst Case Scenario

Empathizing & Predicting

(Example: "you might be surprised", or "You may be getting the news you've been waiting for your whole life!")

2

Who Can I rely on if I need to talk to someone about my family?

3

Asking for what you Need

(Example: "Just hear me out" or "I need you to keep this between us")

How will I contact them?

Telling YOUR Truth

(Example: "I'm gay" or "I'm into woman" or "I'm trans")

4

Speaking from the Heart

(Example: "It's important to me that you know and accept me for me. I'm still the same son you've always known.")

3 Things I am Grateful for

1. _____
2. _____
3. _____

Choose YOUR Exit

(Example: I am ready to talk whenever you are. I promise to be honest and answer what I feel comfortable answering. I don't know everything.)

6
