### How do I know I’m ready to come out?

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### My 6 Steps to Coming Out

1. **Preparing & Warning**
   - (Example: “Hey can we talk?” or “Hey can we talk tonight? Everything is fine”)
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2. **Empathizing & Predicting**
   - (Example: “you might be surprised”, or “You may be getting the news you’ve been waiting for your whole life!”)
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3. **Asking for what you Need**
   - (Example: “Just hear me out” or “I need you to keep this between us”)
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4. **Telling YOUR Truth**
   - (Example: “I’m gay” or “I’m into woman” or “I’m trans”)
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5. **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.”)
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6. **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.

### Consider these questions!

- **Best Case Scenario**
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- **Worst Case Scenario**
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- **Who Can I rely on if I need to talk to someone about my family?**
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- **How will I contact them?**
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- **3 Things I am Grateful for**
  1. 
  2. 
  3. 

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