



Coming Out: Positive Approaches

Being Selective

Selective Coming Out
Choose Trustworthy People
Come Out When Others are Ready

Increasing Self-Understanding & Acceptance

Sort Out Feelings
See Self, Not Orientation
Self-acceptance
Unapologetic Authenticity
Be Honest with Yourself

Preparing Before

Gauge Potential Reaction
Get Support from Therapy
Rehearse the Conversation
Expect the Best, Prepare for the Worst
Choose Setting

Decreasing Pressure on Self

Come Out in Steps
Come Out in Own Way
Well-being Separate from Reaction

Validating the Relationship

Give Benefit of the Doubt
Express Love & Trust
Physical Affection
Give Time to Process