

Coming Out — or Not

Coming out is a personal choice, not an obligation. Safety, readiness, privacy and individual circumstances all matter.

Do I want to share this part of myself with anyone?

It is okay if the answer is no or not yet.

What would I hope to gain by sharing?

What concerns do I have?

How safe and supported would I feel?

Who might be a supportive person to tell first?

What would I need before having that conversation?

What is my plan if the response is difficult?

The choice that feels right for me at the moment is...
