

Coming Out

discussion questions

Coming out is a process of acknowledging your sexual orientation or gender identity and choosing to share this with others. This process is unique to each person.

1

Coming out is often described as a personal *journey*. Where are you in your journey? What has the experience been like? Consider both positive aspects and challenges.

2

What do you see as the destination of your coming-out journey? When you reach this destination, what will your life look like?

3

Acknowledging your identity is different from *accepting* it. Describe where you are in the process of *accepting* yourself for who you are. What aspects of your sexual orientation or gender identity have been easy to accept? What aspects have been difficult?

4

Many factors—such as your relationships, political views, and religion—may influence your decision to come out. For you, what makes coming out more difficult? What makes it easier?

5

Coming out may bring up many emotions for you, including shame, fear, excitement, and relief. What emotions have you experienced? How have you handled difficult emotions?

6

Sometimes, coming out leads to life changes for you and those around you. What life changes have occurred as a result of coming out? How do you feel about these changes?

7

Do you have any role models for your coming-out process? These may be friends, family members, celebrities, social media influencers, or fictional characters. What makes these individuals role models?

8

Those further along in the coming-out process often have helpful insights or tips to offer others. Have you received any good advice? What advice would you give someone who is just starting to think about or question their sexual orientation or gender identity?