

My Coming Out Plan



Why?

Why do I want to come out?

What's behind your choice to come out? Maybe you've entered into a relationship that you want to share with the important people in their life. Maybe you are ready to start transitioning and need to tell other people to change the name and pronouns they use for you. Maybe you're just ready to be honest about this part of yourself. Spend some time considering why you want to come out, and why now.

Who?

Who am I thinking about coming out to?

What relationship do you have with the person you're coming out to? Is it a relationship that you are willing to have changed, possibly even lose, if they don't respond well to your identity? What do you know about their thoughts on LGBTQ+ people? Have they ever said or did anything to make you think that they might be supportive of your identity, or that they might be rejecting?

When?

When am I going to come out? Why is now the right time?

Are there different times of day that the person you're telling might be more or less receptive? Do they have something to do that could cut your conversation short? Are they in the right mood to have a serious talk? Are there any major events coming up, like holidays, graduations, or vacations that might complicate your experience coming out?

Where?

Where do I want to have the coming out conversation?

What's behind your choice to come out? Maybe you've entered into a relationship that you want to share with the important people in their life. Maybe you are ready to start transitioning and need to tell other people to change the name and pronouns they use for you. Maybe you're just ready to be honest about this part of yourself. Spend some time considering why you want to come out, and why now.

What?

What do you want to say to them? What parts of your identity are you choosing to share?

Planning out what you want to say in advance can help you stay calm and focused when the time actually comes for the coming out conversation. Consider writing out notes for yourself if you're having the talk in person. For example, "There's something I've been wanting to tell you about myself. I'm queer/trans/identity. I hope you can be there for me as I figure this out."

How?

How will you handle responses to you coming out?

Hopefully, your coming out will go perfectly and whoever you share this important part of yourself with will be supportive. Unfortunately, that's not always the case. What will you do if someone is rejecting of your identity? What about if someone asks lots of questions about your identity, relationships, or transition? Write out some thoughts about how you'll respond below.
