common phases in the coming-out process

Not everyone goes through these phases in the same order. Everyone on the journey begins with firstly questioning and then accepting their own sexual identity.

Coming out is a process with many stages, so give yourself time. Make sure you are ready.

Choose a quiet space - a time when others can concentrate on what you are saying.

Remember it’s likely you will have to come terms with your sexuality, it may take others time too.

Get support from friends and staff at LINC or your local LGBT centre/group.

Coming out can be stressful, use our Target 1000 Positive Health booklet on good ways to manage stress.

Learn about internalised homophobia - being L, G or B does not mean you are a bad person or have let anyone down.

Being L, G or B is a natural expression of sexual orientation. Approximately 10% of any population are lesbian, gay or bisexual (LGB).
Everybody’s journey of renovation is different.

At the start you can be confident that there are people in your life who have been through their own ‘coming out’ process and will be supportive of you. It is important to remember that there may be some people who will not support you, especially if they are members of your family. This can make it very scary at the start and requires courage.

Coming out is a lifelong process. For many it can be unique to you there are people just like you who have had a similar experience to your own. At the same time you can be sure there are people who have had a similar experience to your own. Everyone’s coming out experience is different. This is an understandable fear, however for many the desire to be open and honest with friends and family is or becomes a greater driving force.

Coming out to family and friends

Coming out to family members and close friends can be one of the most difficult part of coming out for many people. Ever since you realised your sexual attraction is part of who you are you may have thought that people who are like you are the only ones! Some people may think others will be supportive of your decision to come out.

However as time progresses the manner and importance placed on coming out to others lessens. Talking about partners, books or films you like, LGBT events you may attend can all be coping with negative reactions and homophobia.

Coming out to your family when you live at home

It is understandable that you might think you are the only one! LGBT people of all ages make up approximately 10% of the population from ALL walks of life. LGBT people of all ages make up approximately 10% of the population from ALL walks of life. It is important to understand that ignorance, difference and religious attitudes can make it difficult to accept your sexual orientation as part of who you are, you may be afraid that people close to you will reject you on the basis of your sexual orientation. This is an understandable fear, however for many the desire to be open and honest with friends and family is or becomes a greater driving force.

Coming out to family it is good to remember this! Some people describe coming out as a lifelong process and in a sense this is true. Society in general automatically assumes that people are heterosexual.

Coming out to an on-going process

The process from realising your attraction to members of the same sex to the point where you can accept it as part of yourself can be influenced by such factors as previous or existing laws, societal expectations, discrimination and homophobia.

Issues such as pressure or existing homophobia, ignorance, and homophobia attitudes can be difficult to accept your sexual orientation as part of who you are, you may be afraid that people close to you will reject you on the basis of your sexual orientation.

Especially relevant are the factors you live at home

It is important to have a good support network in place which you can turn to in case you need something or just want to talk things through this phase.

Always remember that their reaction is theirs - you are not responsible for how others feel. You have the right to be who you are and express your identity in your own way. It is important to have a good support network in place which you can turn to in case you need something or just want to talk things through this phase.

If you live at home with family members, your parents may have had expectations for you which they now think may not be fulfilled. If you have children yourself, your parents may have had higher expectations for you which they now think may not be fulfilled. If you have children yourself, your parents may have had higher expectations for you which they now think may not be fulfilled. If you have children yourself, your parents may have had higher expectations for you which they now think may not be fulfilled.

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Coping with negative reactions and homophobia

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For nationwide supports, see LGBT.ie or the LGBT helpline. LINC is a youth work and social support service for young people. It is a good source of information, however they can also be fraught with bias so be careful.

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