

Stages of Coming Out

1. Identity Confusion “Could I be gay?”
Task is to accept, deny, reject.
2. Identity Comparison “I could be gay”
Task is to address social isolation.
3. Identity Tolerance “I’m not the only one.”
Task is to decrease isolation by seeking out others lesbians and gay persons.
4. Identity Acceptance “I will be okay.”
Task is to deal with the inner stress of deviating from society’s norm.
5. Identity Pride “I must tell you!”
Task is to deal with incongruent views of heterosexual persons.
6. Identity Synthesis
Task is to create gay/lesbian as one part of self.