



How to Come Out

*A step by step guide
of how a bisexual man
came to terms with
himself and his place
within his circle of friends
and family*

Step 1

Come To Terms With It

you didn't expect to be this way,

***you envisioned an entire other
life for yourself***

***you ask yourself what happened
where did I go wrong***

convince yourself that it's okay as long as no one knows



Step 2

Fly Under The Radar

rejection is scary

***what if your friends
don't like you anymore?***

theres no way to tell

***you make jokes about
being gay to test the
water.***

***there will be a time
that feels right, right?***

Step 3

Question Yourself

How do I know if my parents will actually be this way? What do my friends think of my decision? How should I talk up with my family about this?

Do I tell my parents? Should I tell my classmates? How am I actually feeling about this? When should I tell them?

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Step 4

Tell Someone

your closest friends can either be the easiest or the hardest people to tell

convince yourself its ok to tell certain people but not others

fear the word getting out before you can tell people yourself



easy method:

1. try to donate blood

***2. find out you
are ineligible because
of your sexuality***

***3. your parents will ask why
you couldn't donate.***

4. they'll be relieved to know

its just because you're queer

Step 5

Tell Your Parents

this part is the hardest

***you can spend years
hoping for a time
that feels right***

it may never come

Finally

*you still feel awkward around
coworkers
or extended family
or old friends*

but you've gotten this far

those important to you know

you feel more comfortable existing

*and you don't hate yourself
for being the way you are*