

*A special welcome to YOU to the initial meeting (2/2/11) of the  
COMING OUT SUPPORT GROUP FOR ADULT WOMEN*

\*\*\* Being TRUE to who we really are: **AUTHENTICITY**

\*\*\* Being ALL of who we are: **WHOLENESS**

**SO: Sexual orientation: who I am in terms of “to whom I’m attracted”**

**SB: Sexual behavior: with whom I do “behave/act intimately” (or would like to)**

**SI: Sexual identity: what I call myself (gay/lesbian---bisexual---heterosexual)**

**“Coming out” is making SI (“what I call myself”) congruent with SO and SB\*.**

**Coming out is a life long process. (“When did I come out?” has many answers.)**

**Spectrum of SO, SB, and SI:**

**Gay/lesbian (homosexual) -----Bisexual-----Heterosexual (Straight)**

**Another spectrum:**

Degree of “out-ness”: from zero to 100. Where am I on this spectrum? (Place X’s.)

(a) In coming out to myself as of **TODAY**?

0 -----100  
**Not at all “out”** **Entirely “out”**  
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(b) In coming out to myself, where I **WOULD LIKE TO IN 5 YEARS (2016)**?

0 -----100  
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**Another spectrum:**

How **OUT** am I to different family members? Friends? Co-worker(s)? Other(s)?

(1) Write name or initial: \_\_\_\_\_

0 -----100  
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(2) Write name or initial: \_\_\_\_\_

0 -----100  
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Do I want to come out MORE to myself or in any of these relationships?

Pro’s: \_\_\_\_\_ Con’s: \_\_\_\_\_

One step I could take: \_\_\_\_\_

