

Considering Coming Out?

A Few Words of Support from Student Health and Counseling Services

- **Coming Out happens on your own schedule.** Be patient with yourself. This can happen on your terms! Sexual identity and gender identity are complex and fluid, so it's okay if it takes a while to even know what you might want to share, or if that changes. You get to change your mind, try on different terms, expressions, and identities and see how it feels.
- **You can be in control of the process.** While you can't control how others will react, there are lots of things you can control!
 - a. Think about what you might want to say. You can write it out, practice it with someone you trust, or even a pet or beloved plant.
 - b. You can set the tone of conversations in how you express yourself.
 - c. Set yourself up with a post-coming out plan. Maybe schedule with a friend to debrief the experience, or organize some nice self-care for yourself afterwards.
- **Manage your expectations.** It can be hard to predict how people will react to someone coming out. Some people take longer to digest the information than others. Be prepared for different types of reactions. Know their first reaction is not their forever reaction, and that whatever the reaction might be, your identity is just as valid, and that other's lack of acceptance is more about them than about you.
- **You get to choose who you come out to.** Coming out is a choice, and not everybody deserves to hear our truth. Not coming out doesn't mean you are ashamed or "not really queer," it just means you are picking your battles.
- **If you decide NOT to come out,** find places where you can be affirmed, seen, validated, like support groups, friend groups, or online events. You can check out our listing of support resources by clicking [here](#)!
- **Remember that coming out is a lifelong process.** And at the risk of sounding cliché, it does get better and easier. Don't lose hope!
- **It's okay to get help!** If this process has been really hard for you, or you feel like you need support through it, help is available! You can reach out to **Student Health and Counseling** at 510-885-3735, or schedule online at <https://health.csueastbay.edu>.

You Got This!