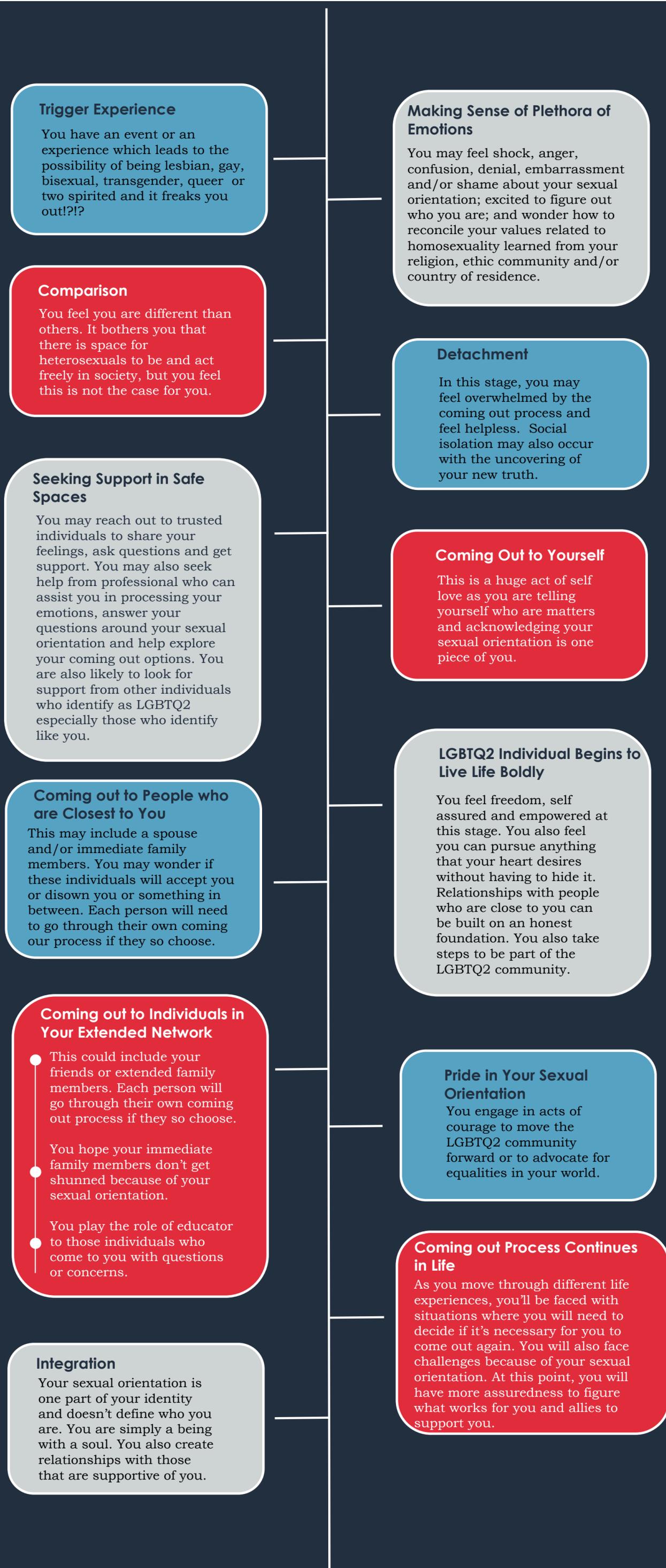


COMING OUT PROCESS FOR LGBTQ2 INDIVIDUALS

Embracing one's sexual orientation is a life defining moment for people who identify as lesbian, gay, bisexual, transgender, queer, two spirited (LGBTQ2). The process takes immense courage, reflection, bravery and determination.

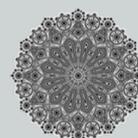
There are many ways to come out and one way is not better than another. The graphic below outlines some of the major stages that an LGBTQ2 individual will face along with a description of what this individual may face during each stage. The process is not meant to be a linear, but one where the LGBTQ2 individual may experience some stages more than once.



By embracing our sexual orientations, we can live a life where we feel free to be true selves in all spheres of our lives. The process can shift our world from being dark to colour. Our sexual orientation doesn't define who we are. We are whole hearted beings with a soul just like everyone else in this world.

Want to learn more or get more details? Great! How about a visit my website at:

hasinajuma.com



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