

March, 2006
Issue Three



Look Out Professional Work World, Here I Come!

You've Come Out to yourself, possibly to members of your family and some friends. Now you are thinking about Coming Out to some people in your professional work place. You may be asking some of the following questions: How do I Come Out at work? Is this the right choice for me? What are some things I need to consider before Coming Out at work? What do I want as result of being authentic at work about who I am? These and other questions and concerns are normal. You are not alone.

7 Tips to help you with Coming Out in your work place:

1. Explore what **benefits** you might personally experience as a result of Coming Out to people at work. (For example: less stress, more relaxed, more comfortable choosing to include personal relationship information in social-type conversations with colleagues, closer relational connection with work associates and colleagues.)
2. Consider what professional and career **implications** there may be, **if any**, after Coming Out to people at work. Think about the

professional business culture in which you work, and the level of acceptance, non-judgment, and non-discrimination of gay men in your profession world.

3. Identify which work associates and colleagues you want to Come Out to, and **be as clear as possible** as to why you want to come out to them.

4. **Imagine** the day, time, place of the coming out conversation you want to have with work associates. **Visualize** and practice how you would like to begin the conversation.

5. Set **realistic** expectations for the outcome of you Coming Out at work. What is it you want from coming out at work? For example: **more peace** and relaxation, **less fear** and judgment within yourself, more self-acceptance, and **confidence**.

6. Take care of you emotionally and psychologically. Have your **support network** (therapist, supportive family members and friends) in place. Talk with them as you prepare for coming out at work and following your coming out experience.

7. Last, but not least important, affirm your intrinsic **value** and **worth** as a gay man. Find ways to **love** and **care** for yourself each day that you live, work, and play in this world. Enjoy your live and relationships!

Remember, Coming Out to anyone is always **your choice**. It is a decision to be more **authentic** in your relationship with others and yourself.

If you are receiving this ezine as a forwarded link and would like to subscribe, please visit my website:

www.TherapyForGayMen.com and click on Get Free tips!

In addition, TherapyForGayMen.com offers more information and helpful links.

If I can be of help to you, please let me know...

Peace to you,

Kemp

Next Issue:

Spring Has Sprung Again

I want to be in a relationship with a great guy. How do I go about finding this guy, and how do I build a **meaningful relationship** with him?

Upcoming Issues:

The Cloud and Storm in my Life

I'm feeling kind of depressed and anxious. It's getting in the way of me enjoying my life and relationships. I want to **feel better**. What do I have to do?