<table>
<thead>
<tr>
<th>Identity Confusion</th>
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| • Denial and confusion  
  • Dissonance between internal feelings and values  
  • Sees self as a member of the mainstream group |
| • Who am I?  
  • What have I been taught?  
  • Am I different? |

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<thead>
<tr>
<th>Identity Comparison</th>
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| • Gather information  
  • Begin to come out of the "fog" |
| • Maybe I am gay, lesbian, etc.  
  • I don't have anybody to talk to.  
  • Why can't I find LGBTQ people to talk to? |

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<tr>
<th>Identity Tolerance</th>
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| • Encounter someone or something that breaks the denial system  
  • Come out to one's self |
| • I accept the possibility I may be gay, lesbian, etc.  
  • I need to find LGBTQ people to talk to. |

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<tr>
<th>Identity Acceptance</th>
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| • Explore LGBT activities, reading and entertainment  
  • Come out to others |
| • I am gay, lesbian, etc.  
  • "I have something to tell you..." |

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<tr>
<th>Identity Pride</th>
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| • Feel arrogant or proud about new identity  
  • May adopt as well as heighten stereotypical behaviors  
  • May isolate oneself from mainstream values and activities  
  • May reject heterosexual friends and family |
| • I AM GAY, LESBIAN, etc.  
  • I am proud.  
  • I am not and will not pass for straight.  
  • If you do not understand, I do not have time. |

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<tr>
<th>Identity Synthesis</th>
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| • Acceptance and integration of new identity  
  • May experience the five stages of grief as they let go of their old self and heterosexual privileges  
  • Internalize pride or positive feelings  
  • Typically is "out" with family, friends and co-workers  
  • More at peace with self |
| • I am a person who happens to be gay, lesbian, etc.  
  • I will not tolerate homophobia and heterosexism.  
  • I will educate others. |