

# My Coming Out “Master Plan”

Read the accompanying blog post at [darahoffmanfox.com/coming-out-transgender](http://darahoffmanfox.com/coming-out-transgender)  
Watch the accompanying video on [YouTube here](#)

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**Instructions:** Use this side of the sheet to help you  
fill out the chart on Page 2

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## Before you begin... Remember These Relationship Truths:

“Every individual and their experience is different.”

“Every relationship is different.”

“Every individual and relationship evolves and changes over time.”

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- Column 1: Who do you need to come out to?**  
Make more copies of this worksheet if you need more room!
  - Column 2: What type of relationship do you have with this person?**  
Rank on a scale from 1-5, with 5 being “very close” and 1 being “not close at all”
  - Column 3: How much do you value this relationship in your life?**  
Rank on a scale from 1-5, with 5 being “very much” and 1 being “not much at all”
  - Column 4: What are you willing to do to preserve this relationship?**  
Rank on a scale from 1-5, with 5 being “anything” and 1 being “nothing really”
  - Column 5: Add up the numbers from columns 2, 3 and 4 - put the total here.**  
Who ended up with the higher scores? This is your priority list.
  - Column 6: Put your list in numerical order, based on highest to lowest.**
  - Column 7: How will you come out to your list?**  
Email or letter? Facebook post? Phone call? In person? Video? Skype or FaceTime?
  - Column 8: Estimated date of coming out to each person**  
You can come out to several persons at the same time as well.
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**Don't forget to have support and encouragement from others as you embark upon this huge step in your journey!**

# My Coming Out Master Plan, by \_\_\_\_\_

1	2	3	4	5	6	7	8

Additional Notes:

