

Coming Out as Trans To Your Parents & Family (from a US PFLAG website)

When you come out to your parents as trans, they may need to know that:

- You still love them.
 - You are not doing this to hurt them.
 - You've had these feelings since you were _____ years old
 - You resisted coming out to yourself for _____ years
 - You really struggled with it, but it wouldn't go away; - it's SUCH a compelling feeling!
 - You are now pretty seriously considering (hormones/reassignment surgery/or _____)
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- You have talked extensively with a counselor, met many other trans folks, have done some reading and/or at this point you believe _____ about yourself.
 - If/when you change your gender presentation, you will still be the same person inside in many ways.
 - You will still have much of the personality you always had.
 - You will probably still have the same dorky sense of humor.
 - You will still love them, music, cats, loud shirts, short hair, etc.
 - You will still work, go to college, keep your friends, go to church, and love your children..... (things that are important to them)...
 - You might also change in some ways - voice, hair, walk, talk, dress, etc. Be honest about what changes to expect.
 - You might look as though you were your twin brother/sister.
 - You will give them all the time they need to get used to the new you. You didn't get used to the idea overnight yourself.
 - You know the new name is hard; they even get the grandchildren mixed up sometimes.
 - New pronouns are even harder. After all, your mother changed your diapers a thousand times and knows your body. Cut them some slack here.
 - Your love life - what do you expect about your marriage, current partner, future type/gender of partner. Might as well be frank here, even if you just don't know.
 - You realize they may go through an emotional process, too – shock, denial, bargaining, anger, guilt, sadness, acceptance. Know these symptoms and help them also to recognize them. Believe it or not, some parents even get to a stage of celebration!

***I often suggest writing a letter to parents or family; read it over, sleep on it, does it say everything you want to say, and in a loving way? Then THEY get to read and reread and respond thoughtfully. Plenty of time to talk in person later. You might also give them something to read or suggest books for them.