



Self-Guided Imagery Activity: Coming out

Use this worksheet to help you visualize the outcome you want for coming out.

1. Close your eyes for a moment and picture the setting. What kind of space are you in? How bright is the light? How clear is the image you see? Is it more like a series of still photos or a movie? Can you see yourself? Do you see other people?

2. What sounds or voices do you hear? Is music playing? Are you saying anything?

3. Do you notice any smells or tastes?



4. Imagine what your body feels like physically as you have the experience you wanted. How do you feel? What do you feel in your fingers, toes, stomach and head? Describe all the sensations you experience.

5. Finally, envision how you may feel after coming out. Who do you tell about your feelings? How do you feel in your body? Do you feel relaxed or relieved? Describe the emotions you are feeling.