

# CASS MODEL OF GAY & LESBIAN IDENTITY FORMATION

adapted from “Homosexual Identity Formation: A Theoretical Model”, by Vivienne C. Cass [Journal Of Homosexuality – Vol 4 (3), Spring 1979] and “10 Smart Things Gay Men Can Do To Improve Their Lives” by Joe Kort published by Alyson Books, 2003.

COMING OUT is a life – long process of exploring one’s sexual orientation and Gay / Lesbian identity and sharing it with family, friends, co-workers and the world. COMING OUT is one of the most significant developmental processes in the lives of Gay and Lesbian people. Coming Out is short for the phrase “coming out of the closet.” Coming Out means recognizing, accepting, expressing and sharing ones’ sexual orientation with oneself and others.



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