

Dear _____,

I have something I need to say. Before I say it, please understand that I am sharing vulnerably because I want you in my life.

I decided the time has come for me to tell you I identify as (LGBTQA). I have known for (amount of time). This isn't a phase. I've given it a lot of thought. I know this about myself just like you know to whom you are attracted. You just know.

I know some people hear this news and their mind goes to religion or politics. I hope you can see past those things to the place I have held in your heart since the day we came into each other's lives. I am that same person, just more self-aware. If you are one of those people who finds it hard to separate religion and politics from this part of who I am as a person, I would like to ask that you understand I am not necessarily asking you to change those things about yourself. I am asking that we continue in our relationship, allowing our love for one another to unite us. I am not here to change you just as I would hope you are not here to change me.

Love,
