

Model of Lesbian/Gay Identity Development

1. Identity Confusion, involving questioning assumptions about one's sexual orientation.
2. Identity Comparison, involving feelings of isolation and alienation from both prior assumptions and non gay others;
3. Identity Tolerance, involving seeking out other gay people and tolerating a lesbian/gay identity.
4. Identity Acceptance, involving selective identity disclosure to others.
5. Identity Pride, involving immersion in lesbian/gay culture and rejection of heterosexual values
6. Identity Synthesis, in which lesbian/gay identity becomes one aspect of the self instead of an overriding independent identity.

Cass, V.C. (1984). Homosexual identity formation: Testing a theoretical model. *Journal of Sex Research*, 20, 143-167.

Five Stage Model of Lesbian/Gay Identity Development

1. Precoming out
2. Coming out
3. Exploration
4. First Relationships
5. Integration

Coleman, E. (1982). Developmental stages of the coming out process. In J. Gonsiorek (Ed.), *Homosexuality and psychotherapy: A practitioner's handbook of affirmative models* (pp. 31-44). New York: Haworth Press.