

## **Coming Out without Coming Unglued - Avoid these 10 Mistakes.**

Steer clear of the common mistakes made when it's time to get real with parents and friends. Kevin Lewis, comments on his list of 10 Things to AVOID when coming out.

### **1. Avoid coming out over the phone.**

I did it over the phone. Big mistake, because the coming out conversation is very personal. It needs to happen eye to eye; soul to soul. That's not possible over the telephone. The energy of the eyes has a big impact in any type of negotiation, communication, or conversation. So don't do it over the phone.

### **2. Avoid the attitude "It's my way or the highway."**

You have to be open to any possibility to move the conversation forward. The "my way/highway" attitude is completely conditional. It's best to come into any kind of a conversation, any kind of a negotiation with unconditional love. Remember that the people you come out to are in their own place in life, and 99% will not be in the same place you are, so it's nearly impossible for them to respond on your terms. It's not all about you, whether you like it or not. You're involving other lives here.

### **3. Avoid being closed about how the other person will be affected.**

Remember that you did not live the life of the person that you're about to tell. You didn't deal with growing up the way they did, didn't go to the same churches or hear their locker room conversations. Since you didn't experience the same things, how in God's name would you ever know how they're going to respond to something? The only thing you can ever know is what they present to you, and even that is not their true essence. Going into the coming out conversation with any expectations will set you up for disaster.

### **4. Avoid thinking you already know how they'll react—either positively or negatively.**

You don't know anyone as well as you think you do. So allow the process to unfold and be open to whatever happens. If you are open, you have not already prepared the argument or discussion in your mind. Some of the people I've coached have been surprised to hear their parents say, "It's about time you've told us. We've been waiting on that one. Now there's someone we can hook you up with!"

### **5. Avoid speaking to any part of others from a programmed response—speak to "their essence."**

For example, don't be prepared to argue against their religion. Just come into it from the essence of who you are—son to father, son to mother, daughter to father, daughter to mother. Speak from your essence to

their essence, and your conversation will have a better tone. How? Start by saying, “You know I love you guys; I realize this is going to be difficult. What I’m going to say is different from what you’ve been taught, what you believe—all of these things, and I understand it. And here’s what I have to tell you and this is why I have to tell you this.” In that approach to the conversation, you’ve told them you want to talk to them and not to all their past programming.

**6. Avoid being impatient; allow time for them process this new information.**

When you tell them, don’t expect their first reaction to be their final response. What they say first will come from a mental reactive place, not from essence to essence, soul to soul, person to person. So give them the time they need. Let them know that they have time to respond and you’ll be there when they’re ready.

**7. Avoid being unprepared. Have educational resources available: PFLAG ([pflag.org](http://pflag.org)), the Trevor Project ([thetrevorproject.org](http://thetrevorproject.org)), and books ([lewislifecoaching.com](http://lewislifecoaching.com)).**

Go in there fully able to send them somewhere. Give them that opportunity. Open the doors to education and do it without saying, “I know you’re idiots, so here’s some information.” Say it with the attitude, “I know you’re going to need some help. These are some people I know who can help you. Please contact them.” If you don’t do this, they’ll go to their preacher, they’ll go to their friends, they’ll go to places that do not give them that supportive information they need to move forward.

**8. Avoid forgetting that the mind never changes the heart but the heart can change the mind.**

That is the reason why I tell you to speak to the essence of others. Their essence is their hearts and souls. When you touch that place, their minds are required to respond to you. If you speak to the intellect, the intellect will argue, until it can not argue anymore. Don’t speak to the mind. It will do no good and you will have years of arguments. Speak to the heart; the heart will direct the mind.

**9. Avoid the expectation that even though they accept you, they will want to walk with you in the next Gay Pride Parade.**

Many parents today will accept their kids, but for their own reasons, they can’t get out there publicly, stand on top of the empire state building and scream to the world, “My son is gay.” Allow them that. The longer you argue with them, the longer they’ll stay in the same place. That’s part of the process. Give them time to progress in the work they are doing; time to do what they have to do.

## 10. Avoid JUDGEMENT in coming out.

Don't go into the conversation thinking, "Ok, my parents are jerks anyway!" or else they will react in that way. If you approach the coming out conversation with no judgment, you can love them no matter what happens, and it will make the process easier for them, as well as for you. Just remember, their reactions are based on what they've been taught and what they've learned. They have never been placed in this position, never been forced to learn this information or to decide between what they were taught and their child— until now. So don't go into judgment.

In summary, the biggest lesson is to love yourself and everyone around you and allow things to happen as they should. Don't force it. The moment you force it is the moment you're in conflict, the moment you're in war. Take a moment to step into a peaceful existence of love and acceptance for everyone.

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Kevin Lewis is all about helping others move forward. His perspective is new and his passion creates true connections with his audience. Lewis' new book, *Coming Out, the Road to Unconditional Love*, TPC Publishing, sheds light on the coming out process for the gay/lesbian person and its affects on all the people in their lives—**yet holds a universal message for everyone**. It's a dharma (or truth) talk about judgment. After hearing Kevin, audiences begin to understand how unconditional love—when practiced, is the key ingredient to move forward with goals, careers, and a peaceful family life.

Learn more about Kevin Lewis at [www.lewislifecoaching.com](http://www.lewislifecoaching.com) or contact Jan Roelofs at 623 466-5067 or [jan@personaljaz.com](mailto:jan@personaljaz.com) to invite Kevin to speak at your next event.