

FEARS

VERSUS

TRUTHS

ON EMBRACING YOUR SEXUAL ORIENTATION



I'll be shunned by my friends, family, my religion and ethnic community.

I am feeling so many emotions and it's overwhelming.

I feel like I should be capable to untangle my sexuality on my own and asking for professional help is sign of weakness.

I don't see people like me represented and thriving in society.



Surround yourself with those that truly accept you for who you are and your life will profoundly change.

Untangling your sexuality is a complex thing to do on your own. Professionals can help you process these emotions.

Asking for support from professionals to help you untangle your sexuality is a sign of empowerment because you are asking for what you need.

As Ghandi says, 'be the change you want to see in the world.'

I'll be labeled and judged by others.

As long as you love and accept yourself, that's all that matters. Other people's judgments of you are a reflection of themselves.

Those that are near to me will love me less.

Embracing your sexual orientation, doesn't change who you are as a person. If people truly care for you, their love won't change after you come out to them.

Sexuality in my ethnic community and/ or religion is not seen from a positive stand point.

Embracing your sexuality is part of the human experience and allows you to be whole being and thrive in your life. What's key is figuring out which spaces in your world make you feel safe and bring you the most happiness

I am ashamed to be different than those that make up the majority of the population.

Embracing your sexuality is a key part of the human experience. If we lived in a homogenous culture, the world would be such a boring place.

Interested in learning more?

Visit my website at: hasinajuma.com

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