



# Transition Conversation Guide: How to Tell Loved Ones

Inspired by "I Hardly Knew Me" by Nia  
Chiaramonte

## PREPARING FOR THE CONVERSATION

### Before You Begin:

- Find a private, comfortable space where you won't be interrupted.
- Choose a time when neither of you are rushed or stressed.
- Consider writing down key points you want to express,
- Remember that their initial reaction isn't necessarily their final one,

## STARTING THE CONVERSATION

### Opening Lines That Work:

- "I need to share something important about myself with you..."
- "I've been on a journey of self-discovery and have realized something significant..."
- "I trust you and value our relationship, which is why I want to share this with you..."

## WHAT TO SHARE

### Consider Including:

- How long you've known or suspected.
- What this means for your identity and well-being.
- That this isn't a phase or choice, but who you truly are.
- That you're the same person they've always known and loved.



## NAVIGATING REACTIONS

### Remember:

- Initial shock doesn't mean rejection.
- Give them time to process.
- Be prepared to answer questions, but it's okay to say "I don't know yet" or to not answer at all.
- Share resources that have helped you understand yourself.

## SELF-CARE AFTERWARDS

### Take Care of Yourself:

- Have a support person you can contact or meet afterward.
- Plan a comforting activity following the conversation.
- Acknowledge your courage in being authentic.

### REMEMBER:

Other's reactions reflects their own journey, not your worth.