

CONSOLIDATION OF THE GAY AND LESBIAN IDENTITY – THREE MODELS *

Whitehead & Whitehead (1979)	Richard R. Troiden (1979)	Vivienne C. Cass (1979)
<p>Stage 1 : <i>Interior Passage</i></p> <ul style="list-style-type: none"> - Awareness of self and sexual identity - Self-acceptance and self-love - Private passage best facilitated through support (friend, counsellor...) 	<p>Stage 1: <i>Sensitization</i></p> <ul style="list-style-type: none"> - Perception of being different from same-sex peers <p style="text-align: center;">[Pre-puberty]</p>	<p>Stage 1: <i>Identity Confusion/Awareness</i></p> <ul style="list-style-type: none"> - Awareness of being different from others
<p>Stage 2: <i>Social Passage</i></p> <ul style="list-style-type: none"> - Transition into being known in one's full identity by others - More social transition which represents a movement of intimacy - Dating and participation in gay social life 	<p>Stage 2: <i>Identity Confusion</i></p> <ul style="list-style-type: none"> - Inner turmoil related to the possibility of being gay <p style="text-align: center;">[Adolescence]</p>	<p>Stage 2: <i>Identity Comparison</i></p> <ul style="list-style-type: none"> - Consideration of the possibility of being homosexual and, out of fear, may act out heterosexually
	<p>Stage 3: <i>Identity Assumption</i></p> <ul style="list-style-type: none"> - Beginning of acceptance of own sexual (and affective) preference - Exploration of sexuality and gay subculture <p style="text-align: center;">[Late adolescence – early adulthood]</p>	<p>Stage 3: <i>Identity Tolerance</i></p> <ul style="list-style-type: none"> - Feeling cursed with own sexual preference, with ability to privately acknowledge own homosexuality
<p>Stage 3: <i>Public Passage</i></p> <ul style="list-style-type: none"> - Presentation of oneself in the public domain as a gay person - Desire to be known publicly for who one is - Hope of contributing to a better public understanding of gay life 	<p>Stage 4: <i>Commitment</i></p> <ul style="list-style-type: none"> - Disclosure of orientation - Perception of gay identity as both valid and necessary to optimal functioning <p style="text-align: center;">[Early adulthood - adulthood]</p>	<p>Stage 4: <i>Identity Acceptance</i></p> <ul style="list-style-type: none"> - Selective coming out and exploration of the gay and lesbian community
		<p>Stage 5: <i>Identity Pride</i></p> <ul style="list-style-type: none"> - Accepting of self and involvement in the gay and lesbian community - Some are heterophobic at this point
		<p>Stage 6: <i>Identity Synthesis</i></p> <ul style="list-style-type: none"> - Accepting of self and others - Differences do not necessarily create conflict or pain
<p>∞ INTEGRATION ∞</p>		

* Adapted by Luc Dumouchel (1998), M.A., Registered Psychotherapist, Ottawa (Canada) from the article by Deborah Zera (1992) *Coming of Age in a Heterosexist World: The Development of Gay and Lesbian Adolescents in Adolescence*, Vol. 27 (108) 849-854, and the book by E.E. Whitehead & J.D. Whitehead (1979) *Christian Life Patterns* 103 – 106.