



# **Acts of Disclosure : The Coming-Out Process of Contemporary Gay Men (Haworth Gay & Lesbian Studies)**

*Marc E. Vargo*

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Confronting the psychological, social, sexual, legal, and political issues at stake in the coming-out process, *Acts of Disclosure: The Coming-Out Process of Contemporary Gay Men* uses research findings and first-hand accounts to help gay adolescents and men accept and embrace their sexual identity as an integral part of their being. Offering helpful advice and specific suggestions that will guide you through the coming-out process, this text also teaches family, friends, and colleagues how they can support and encourage you in this challenge. A roadmap through the confusing process of coming to terms with your sexuality both privately and publicly, *Acts of Disclosure* walks you step-by-step through the stages of coming out, the emotions involved, the potential pitfalls, and the kinds of receptions you may meet. It points out both healthy and self-destructive coping strategies and teaches you how to take responsibility for your sexuality. You will find its discussions straightforward, honest, and direct, as it broaches the following topics:

- coming out in American schools
- expressing your sexual identity on the job
- the harmful effects of involuntary public exposure
- why some parents adjust better than others to the fact that they have a gay child
- the damaging effects of social myths attached to homosexuality
- the emotional and behavioral reactions wives have after discovering that their husbands are gay
- how to anticipate a possible “outing” against oneself and the advantages of coming out to prevent such an act
- compulsory social programming that may be deeply injurious to gay adolescents
- disclosing your sexual identity after the onset of AIDS Gay males of all ages, parents, friends, children, therapists, psychologists, social workers, and educators who read *Acts of Disclosure* will realize their error in treating gay sexual identity as undesirable, shameful, or second-rate. As you turn the last page of this comprehensive and enlightening book, you will likely find yourself with an appreciation of gay male sexuality as well as with a better understanding of the complexities of human nature.

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