

1. Did you come out yet?

- Yes
- No, but I will
- No, and I won't / can't

2.1 To whom did you come out to?

2.2 To whom would you want to come out to?

- Your family
- Your friends
- Your coworkers
- Publicly on social media
- Other

2.3 What's preventing you from coming out? Please write your answer. This ends the survey.

3.1 Who's the first person you came out to?

3.2 Who's the first person you want to come out to?

- Your mother
- Your father
- A sibling
- A child
- Your husband or wife
- Another family member
- A friend
- A coworker
- Other

4.1 How well did people around you react when you came out?

4.2 How do you think people around you will react when you come out?

- Very well
- Mixed
- Very badly

5.1 At what age did you come out?

5.2 At what age do you plan to come out?

- 0-12
- 13-18
- 19-29
- 30-39
- 40-49
- 50-59
- 60+

6.1 How long did it take you to prepare yourself before you came out?

6.2 How long do you think you need to prepare before you come out?

- Less than a year
- Between 1 and 5 years
- Between 5 and 10 years
- More than 10 years

7.1 Did you lose your job or a job opportunity as a result of coming out?

7.2 Do you think you can lose your job or a job opportunity as a result of coming out?

- Yes
- No

8.1 Did you lose friends as a result of coming out?

8.2 Do you think you will lose friends as a result of coming out?

- Yes
- No

9.1 Did you lose family as a result of coming out?

9.2 Do you think you will lose family as a result of coming out?

- Yes
- No

10.1 Have you come out multiple times for multiple reasons? (eg first as gay and then as trans, or vice versa, or others, etc)

- Yes
- No

11.1 How hard was it for you to come out?

11.2 How hard is it for you to come out?

- Not really a problem
- Difficult but doable
- Almost impossible

12.1 Where did you find help for coming out?

12.2 What, for you, is the best way to find help for coming out?

- Online communities, forums
- People around you
- Organisations
- No need help

13.1 What would you say is the overall outcome of you coming out?

- Positive
- Neutral
- Negative

14.1 Do you have any regrets after coming out?

14.2 Do you think you might have any regrets after coming out?

- Yes
- No