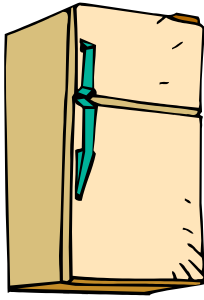


Refrigerator Quote*

Number 9.



What does it mean to have a “Positive LGBTI Identity”



“Individuals who have attained a positive LGBTI identity have developed a high self-regard for themselves as LGBTI persons. They view their LGBTI status as equal to those who belong to the dominant majority. If given a choice they would **not** prefer to be a member of the dominant majority over their own LGBTI status, for they have come to value their uniqueness and the richness of life that comes from being themselves. They have integrated their LGBTI identity with their other identities. They feel like authentic and complete human beings. If they choose to be “out” to others they feel good about doing so. If they choose to “pass,” it is **not** because they feel bad about themselves in any way: instead, it is because they have assessed that in their environment, it is the rational step to take. They have largely overcome their own internalized self-loathing and fear (e.g. homophobia, biphobia, transphobia) which frees them to fully love others.” ¹



* From a book about grieving# “I call these “refrigerator quotes” and ask grievors to put the quotation on a refrigerator door so they and members of the family, or friends, will see it. Some participants photocopy the quotes and pass them on. Others carry the quotes in a purse, notebook, or wallet for further reflection. The more they read and ponder a refrigerator quote, the more meaning it offers.” (p.11.)

#Borrowed Narratives: Using Biographical and Historical Grief Narratives With the Bereaving by Harold Ivan Smith, published by Routledge Mental Health.

¹ From p. 11, *Breaking Out II: The Complete Guide to Building a Positive LGBTI Identity* (2012) by Dr Kevin Alderson (Insomniac Press – London, Ontario, Canada)