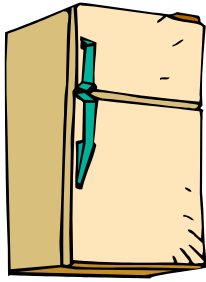


Refrigerator Quote*

Number 10.



To disclose or not disclose an LGBTI Identity? Or perhaps play the Heterosexist game of “I know they know, and they know I know they know, but let’s all pretend nobody knows”



“What does it say about my lesbian/gay/bisexual identity that I deny it in order to make myself and others comfortable in heterosexual society?

How much energy am I spending protecting myself that might be more fruitfully used elsewhere?

How will mainstream attitudes change if the average person never knows an LGB individual because we all hide”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 Bohan, J. S., (1996, p. 96) *Psychology and sexual orientation: Coming to terms*. Cleveland OH Pilgrim Press, cited at p.299, [Breaking Out II: The Complete Guide to Building a Positive LGBTI Identity](#) (2012) by Dr Kevin Alderson (Insomniac Press – London, Ontario, Canada).