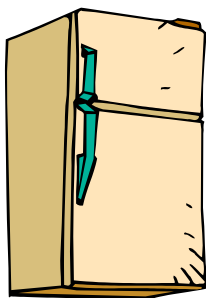


Refrigerator Quote\*  
Number 10.



To Disclose or not an LGBTI Identity, or perhaps play the Heterosexual 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”<sup>1</sup>



\*From a book about grieving# “I call these “refrigerator quotes” and ask griever 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.

<sup>1</sup> 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).