



12

WAYS TO SHARE YOUR TRUTH WITH YOUR MALE PARTNER

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There's no easy way to start this conversation, it's big, it's emotional, and it takes so much courage. If you're in this place, questioning your sexuality while in a relationship with a man, I see you. I was you. And I know the weight of the emotions swirling inside you right now.

You don't have to have all the answers before you start talking about it. You just have to take that first step. The one that lets you breathe a little deeper, stand a little taller, and start honouring the truth inside you.

Petria xx

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BLOOM IN BALI RETREAT 14-21ST JUNE



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Gentle and Reflective Approaches

- 1.** “Lately, I’ve been doing a lot of self-reflection, and I’ve realized that I have feelings I need to process. I want to be completely honest with you, I’ve been questioning my sexuality, and I don’t know exactly what that means for us yet”
- 2.** “I love and respect you deeply, and that’s why I need to have an honest conversation with you. I’ve been struggling with something internally for a long time, I think I might be attracted to women.”
- 3.** “This is really hard for me to say, but I owe it to both of us to be honest. I’ve been feeling confused about my sexuality, and I need to explore what this means for me.”
- 4.** “I don’t want to hide this from you because you mean so much to me. I’ve been questioning my feelings, and I think I might be gay. I don’t have all the answers yet, but I wanted to share this with you first.”



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Honest but Uncertain Approaches

5. “I’ve been carrying this inside me for a while, and I don’t want to keep it from you anymore. I’m starting to realize I might not be straight, and I need to figure out what that means for my life”

6. “This is one of the hardest things I’ve ever had to say, but I need to say it. I think I might be gay, and I don’t know what to do with that realisation yet.”

7. “I never expected to be in this place, but I can’t ignore it anymore. I’ve been questioning my sexuality, and I don’t want to keep pretending I have it all figured out.”

8.. “I don’t want to hurt you, but I need to be honest about something that’s been weighing on me. I’ve been questioning if I’m truly straight, and I don’t know where that leaves us yet.”



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Direct and Firm Approaches

9. “I’ve come to a realisation that I can’t ignore, I think I’m a lesbian. This isn’t something I can push down any longer, and I need to start living my truth.”

10. “This isn’t easy for either of us, but I need to be completely honest with you. I don’t think I’m attracted to men in the way I always thought I was. I think I’m gay.”

11. “I know this might come as a shock, but I’ve been doing a lot of deep reflection, and I’ve come to understand that I’m not straight. I don’t want to live a lie anymore.”

12. “I’ve realized something about myself that I can’t ignore. I’m gay, and I need to start being honest about that not just with you, but with myself”



No matter how this conversation unfolds, I want you to remember this: you are not alone. This is your journey, and while it might feel scary, it's also the first step toward something freeing.

You deserve to live your truth. You deserve to feel safe, seen, and supported. And when you're ready I'm here, walking beside you every step of the way

Petria xx

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