

How do I start transition?
This is a basic list of the steps of transition.
And only a basic guideline with many options.
Your personal transition may vary.

Terms

MTF - male to female

FTM - female to male

GID - Gender Identity Disorder

HRT - Hormone Replacement therapy

SRS/GCS - Sex Reassignment Surgery/Gender Confirming Surgery

Transition - the process of changing physical gender identity role.

The Steps

- 1. Find a good support group, either on line, or a group that meets face to face. These are the people who will help you through your transition!***
- 2. If you are an MTF, find an electrologist and begin electrolysis. Preferably one experienced with MTF hair removal issues, including hair removal for SRS/GCS.***
- 3. If you are MTF and overweight, go on a weight loss diet NOW! Your body will not be able to loose that weight as easily after you start hormones! You can get a trainer to help lean out muscle mass. If money is an issue read up on cross training techniques that lean muscle mass and burn fat.***
- 4. Seek a therapist, with experience treating transsexuals and start therapy. Your therapist may want to schedule you for special testing for Gender Identity Disorder for a proper diagnosis. It usually takes 3 months of therapy or more to get a letter from your therapist to start HRT.***

- 5. Seek out a doctor willing to work with you towards transition and start HRT as soon as you have your letter.**
- 6. Start getting advise from genetic women or man, or your support group about clothing, hair, makeup, etc... Start working on your female or male look. MTF's start working on you feminine voice. Learn the vocabulary of the desired gender.**
- 7. Go out in public as often as you can. Go with someone, do not go alone! Avoid isolated places, especially after dark! This will take courage and build your confidence. It is highly recommended that you have a letter from your therapist stating you are in therapy for GID, before you go into a restroom.**
- 8. Watch and imitate mannerisms of other women or men. Learn the fundamental difference in the male and female anatomy and how it affects the way you walk and carry yourself.**
- 9. Be aware that you will have to deal with what others think of you and your transition. You will need your therapist and support group at this point. Never let anyone dictate the direction of your life. Be true to yourself!**
- 10. When you are ready to go full time as your true self, start your name change. Get a name change form from DMV, it is DL328. Take it to your doctor and have it filled out COMPLETELY! Take it to DMV and get your new license. There is a small fee. Then go to social security and get your new SS card. Make appointments for your visits, it will save time!**
- 11. Begin contacting all companies you deal with and inform them of your name change and gender change.**
- 12. You will have to open a new checking and savings account.**
- 13. Get a new credit card in your new name separate from any you might have with a spouse.**

14. If you are employed, you should speak to personnel about your transition. Try to get management on your side. Be well informed of how to transition at work before your meeting. Know your rights, but be flexible. Get advise each step of the way.

15. Research surgeries and begin saving for the surgeries you feel will make you whole. It is usually better to wait a few years for hormones to take their effect before getting surgery. You may find you don't need as much surgery as you thought if you wait and see how your body changes.

a.) For MTF, usually facial feminization and/or breast Augmentation are the first surgeries of choice. But if money is an issue you may choose to save for SRS/GCS instead.

b.) For FTM, usually breast reduction is the first surgery. FTM's often elect not to have SRS/GCS because of the quality of the procedures available at this time.

16. Sex reassignment surgery is usually the last event in transition. The average time till surgery is about 2 to 3 years or more into transition.

17. After SRS/GCS get your name and gender change through the court. Don't forget to apply for your birth certificate. FTM's don't need genital surgery to get their name and gender changed through the court or to get their birth certificate.

18. Continue with therapy for up to 6 months after SRS.

19. Depression is a common problem after transition due to the realization of the limits of transition on what you see in the mirror.

20. My personal advise and a good rule of thumb. Do not focus your attention on what didn't change to your liking, rather focus on what you do have. Realize, that your body is not "who" you are. It is only an accessory of who is wearing it! "Be" who you are inside, don't "be" your body.