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A Daughter's Perspective

Adjusting and Adapting to a Parent's Transition

by Cherie

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There are so many questions that swim around in my head which are unanswered or are simply incomprehensible to me.

I am a seventeen-year-old female who is travelling through puberty, which is a confusing and difficult time in life. My parent at present, is transitioning from female-to-male. This in itself is an extraordinary step to take. My parent seems to be happy and content with this decision. I personally find it just as confusing and difficult, if not more so, than puberty. It is also something I have chosen to face alone.

With all of the emotions and feelings that I was inundated with at the time, I also became withdrawn from everyone and everything that surrounded me.

For a person to have a mother-figure for sixteen years and then all of a sudden receive a father-figure in exchange, life becomes rather complex. When I was first informed of my parent's decision of changing gender, I was devastated and shocked. I am sure you would be too!

It took a while to actually stomach what was really happening to the person I loved, cherished and called 'mummy' since I could first talk. It was such a shock that when it finally hit me, I became violently ill and there was not a cure in the world to aid me in my recovery, not even 'mummy'.

With all of the emotions and feelings that I was inundated with at the time, I also became withdrawn from everyone and everything that surrounded me.

It is a long and sad process that takes time to get through. You seem to go through a grieving process, just like when someone dies. In a way they have not died, but are reborn as a new person. The person inside is still the same, but the exterior has changed. They still love you and care about you just as they did before. It is somewhat like plastic surgery and they feel good about the new person that has been constructed.

Sometimes it really gets to me, like on Mother's Day, birthdays and Christmas. I reminisce over the 'good old days' and how things were and I cry like Niagara Falls. It really hurts and it is so difficult to try and understand why. There are so many questions that swim around in my head which are unanswered or are simply incomprehensible to me.

I will always love my parent and learn in time that the exterior is not what really counts, but what is on the inside that is so important.

I try not to be judgemental over that new exterior and just accept the person inside. Although, it is hard and this acceptance takes time. Sometimes when I see my parent I can't seem to remember them as being any different, but I know deep down inside that they were different and my heart is crushed and so are all the fond memories from the past. Although, the fond memories of the past really never change.

No matter what happens, I know that in my heart my parent will always love me, and I will always love my parent. Male or female my parent will always be the best parent I could ever ask for. I would never trade my parent in for anything in the world, EVER!

All you can do is adjust and adapt to overcome the bad spots. Life gets better as time goes on and so does the understanding.

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