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I'm Trans-Gendering

But Does Anyone Really Care about the Emotional State or Needs of Our Partners?

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I'm trans-gendering from female-to-male and I'm okay thanks. Though if not, I've always got a counsellor's, psychiatrist's or at the very least a local doctor's trained ear (not to mention those of my peers) to bash.

In the event that we have an ongoing relationship, it needs to be asked what our partners are going through emotionally.

Recently there has been much press about female-to-males, in fact, it could be said we're flavour of the month. I have been one of those female-to-male transgender people interviewed for articles and news stories which, for the most part, I have been pleased with what I've read and seen.

What amazes me about the whole process I'm going through, is that no one (aside from a few polite and general questions asked) seems to care about the process which our significant others (partners in particular) are also undergoing.

For female-to-male transgender people, mood swings are often dramatic and inconceivable increases in libido, self-obsession to the point of talking incessantly about ourselves and a lack of self-confidence are just a few of the many personal issues we confront daily.

Okay, so there are some things we don't have complete control over, but there are some we do. The most important being that we have made the decision to trans-gender. Here, we are in control of whether we continue or discontinue this process. Obviously, if we continue, we do so with the knowledge that we must become, as much as possible, in touch with, and in control of, our physical, emotional and spiritual state of mind and body.

In the event that we have an ongoing relationship, it needs to be asked what our partners are going through emotionally. Naturally, they can't control anything we're going through, though they have a certain degree of control over their own emotions and feelings. Invariably, they're with us because they love us and for this reason alone, tolerate our apparent 'much ado's' about nothing.

So who cares about our partners and their needs? There are support groups, the Gender Centre and doctors available to us. The media are eager to do stories, to brandish our faces and lives across the screen or fill the papers of women's magazines, but does anyone really care about the emotional state or needs of these people, our partners.

This is not to say that the Gender Centre counsellors, psychiatrists and doctors are not available for them, but I find it questionable that there appears to have been little or no encouragement in the past to set up their own much needed support group.

No doubt, a successful society consists of many and varied people, preferably in possession of a stable and mental and emotional perspective. A greater consideration towards individuals indirectly involved in the trans-gendering process would create a healthier and holistic support network for the transgender person and importantly their often overlooked partners.

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The Gender Centre is committed to developing and providing services and activities, which enhance the ability of people with gender issues to make informed choices. We offer a wide range of services to people with gender issues, their partners, family members and friends in New South Wales. We are an accommodation service and also act as an education, support, training and referral resource centre to other organisations and service providers. The Gender Centre is committed to educating the public and service providers about the needs of people with gender issues. We specifically aim to provide a high quality service, which acknowledges human rights and ensures respect and confidentiality.