

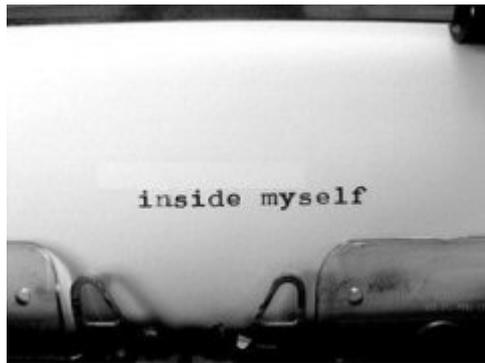
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## Inside Myself

### For the First Time in My Life I Feel Whole

by Sean Dean

Article appeared in Polare magazine: August 1995 Last Update: October 2013 Last Reviewed: September 2015



The Gender Centre has been very helpful for me.

**O**ut of the closet, flying high in a natural way to happiness. For the first time in my life I feel balanced and content with myself. Also, what a wonderful feeling to be honest to myself. Emotionally and spiritually I am a man who accepts my feminine side. I believe that every human being has both a feminine and masculine side. I always felt from deep in my heart, since the age of five or seven, a boy who lived in a girl's body.

***I am human, and for the first time in my life I feel whole, inside myself.***

So life went on in a strange way. I lived my life as a butch lesbian for sixteen years to survive who I really was. I had too much fear and anger to come-out as Sean Dean. For me to become honest I wanted to stop using drugs and alcohol. I went to detox for ten days, then off to rehab for three months. Today, I'm six months clean and very proud, it hasn't been easy being clean in recovery. Sixteen years abusing myself on drugs and alcohol was a way of numbing out emotionally, spiritually and physically. I attend N.A. and A.A. meetings which is a tool in my life that reminds me that I am an addict. Also, I have therapy once a fortnight for dumping my emotions, fear and anger.

The past four months I've been strapping my breasts and wearing a prosthesis. This validates the way I feel. I will be starting testosterone in a few weeks which has been a long process. A day at a time, the big day will come.

The Gender Centre has been very helpful for me. A huge hug and very big thank you to Max for being there for me, through my journey to brotherhood. Also, thank you Jasper for being open-minded and willing.

The bottom line is that I am human, and for the first time in my life I feel whole, inside myself.

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Polare Magazine is published quarterly in Australia by The Gender Centre Inc., which is funded by the Department of Family & Community Services under the S.A.A.P. program and supported by the N.S.W. Health Department through the AIDS and Infectious Diseases Branch. Polare provides a forum for discussion and debate on gender issues. Unsolicited contributions are welcome, the editor reserves the right to edit such contributions without notification. Any submission which appears in Polare may be published on our internet site. Opinions expressed in this publication do not necessarily reflect those of the Editor, The Gender Centre Inc., the Department of Family & Community Services or the N.S.W. Department of Health.

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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.