

(The Gender Centre advise that this article may not be current and as such certain content, including but not limited to persons, contact details and dates may not apply. Where legal authority or medical related matters are cited, responsibility lies with the reader to obtain the most current relevant legal authority and/or medical publication.)

Beside Myself with Confusion and Despair

Lisa Wins the Battle to Become Herself

by Lisa

Article appeared in Polare magazine: April 1998 Last Update: October 2013 Last Reviewed: September 2015



I sought counselling as I was crying daily by now ...

I talked to management at length, but the day of actual transitioning at work never seemed to get any closer. I was beside myself with confusion and despair and would regularly break openly into tears at work. My work suffered and my life suffered. Life was not good.

... never give up even if all seems lost. If your desire is strong enough to change your gender, let no one get in your way. Think positive.

I would dress at home and socially around town and amongst friends, but it was so hard to change from male by day to female by night. The change of this nature to a transsexual is extremely difficult as clothes didn't make any difference to the way I felt, but being addressed as male, he or him or he by day was irritating and confusing. Transvestites cope with this as the clothing makes them feel like women but to a transsexual, we are women all the time.

I sought counselling as I was crying daily by now, and cleverly, my counsellor suggested that I live one life and stop having a war between my female and male: as in wars, no one wins and people die. I was not going to die.

Regrettably I gave up my male life. This life had tremendous history and success, many friends and many memories, but it was a life of the past, and Lisa was my life of the future.

On returning home from my dismissal from work, I threw my male clothes in the dustbin as a statement of my intent. I showered, put on a summer dress, and had a coffee. At this point I noticed a number scribbled on the front of my phone book. I recalled it may have something to do with a job. I flippantly called the number and addressed myself as Lisa. The voice on the phone soon informed me that the company I had called were interviewing applicants over the next few days. I had nothing to lose, yet a chance to start a new life, the life I had dreamed about for the twenty years of my working life.

The rest is history. I got the job out of sixty applicants. This was the most memorable moment of my life. I had planned how I could do this for at least seven years and now all my dreams had come to fruition in twenty minutes.

I started work four days later, not in the public eye, but on the phone and it is vital for a transsexual on the phone to have a voice that matches your name. All my life my voice never aligned with my male appearance, but now everything was in harmony. Of the 4,000 phone calls I have made since I have started work, I have never been questioned over my voice. I am doing well in my new job and now have a goal in life. I never had one before.

Finally, dear friends, never give up even if all seems lost. If your desire is strong enough to change your gender, let no one get in your way. Think positive. I mean really positive - that's the answer, and I hope your life will be as happy as mine is now.

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.

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.