

Gender dysphoria and affirming support

What Gender Affirmation Means for Me Now

Adults | 10 to 15 minutes

Your gender identity does not need to be proved through distress, a label, appearance, or a particular transition path. You may want support with discomfort, expression, recognition, or safety. This page leaves the direction and pace with you.

Use your chosen words. You may focus on one setting, name, pronoun, or support need and keep other information private.

Notice comfort and difficulty

Describe a situation that felt affirming or uncomfortable without deciding that it defines your whole identity. Include how others treated you and the setting's safety.

Choose a support request

A request could concern language, privacy, access to an affirming clinician, or room to explore without pressure. Ask about confidentiality before sharing information in an unfamiliar service.

1. What language or recognition feels right for me now?**2. What situation brings comfort or distress that I want understood?****3. What information should remain private, and with whom?****4. What affirming support or care question would I like to pursue?****Clinical use and adaptation**

Affirm self-definition and distinguish identity from clinically significant distress. Do not steer identity outcomes, require disclosure, or make medical recommendations. Assess discrimination, safety, and support access; clinical assessment should not reproduce stereotypes or treat identity as pathology.