

Name, date of birth _____ Today's date _____

*Questions to Consider
for Transpeople and Loved Ones*

General readiness

What leads you to start (/ change/ complete) your transition at this time in your life?

What are your hopes and dreams relating to transitioning?

What do you expect that transitioning will change?

What do you think is *not* likely to change?

How do you think transitioning may affect your relationships with loved ones?

What do you think the impact will be at work/school?

What do you think the impact will be, in terms of your involvement in the broader community?

What will you do if the change process doesn't turn out as you had hoped?

Have you already taken any steps to change your outward appearance? If so, what was that like for you?

What issues in your life might complicate a decision to take hormones and/or have surgery, or might increase stress during this time?

Even when transition is wanted there is sometimes a sense of loss, as with any big change. How do you feel about the changes to your body?

How have you dealt with other losses in your life?

What additional issues or adjustments do you anticipate after surgery?

What kinds of supports do you feel might be helpful?

Please share any other questions you may have.

Hormones

(Disregard if you are not planning hormone supplements.)

Which changes are you most looking forward to?

Are there any changes you are not sure about?

What medical care do you need to monitor for side effects? Who will provide this?

If you experience side effects, what will you do?

Are there any side effects you are particularly concerned about?

How do you feel about the permanence of some effects of hormones, including the possibility of permanent sterility?

The long-term health effects of cross-sex hormones are not yet known. How do you feel about taking this risk?

Please share any other questions you may have.

Surgery

(Disregard if you are not planning surgery.)

What medical care might you need following surgery? How will you obtain this?

Where will you rest and heal after surgery?

Who will help look after you as you recover?

How do you feel about the permanence of surgery?

How do you feel about the possibility of scarring?

How do you feel about the risk of possible loss of sexual sensation?

What additional issues or adjustments do you anticipate after surgery?

Please share any other questions you may have.

For Loved Ones of a Transgender Person

Disclosure

When did you learn that your (partner, child, etc.) was transgender?

How did you find out that your (partner, child, etc.) was transgender?

What was your initial reaction to finding out about your loved one's feelings?

How do you feel about it now?

Do individuals in your life know that your (partner, child, etc.) is transgender?

How do you feel about them knowing/not knowing?

Impact on relationships

It is common for loved ones to have fears and questions about gender issues, to question their relationship to the transgender person, or question their own identity and future. What concerns do you have?

Have you seen your (partner, child, etc.) cross-dressed? If so, how was that for you?

Has your (partner, child, etc.) taken hormones or had surgery, or is this something they are considering? How do you feel about this?

How have transgender issues affected your relationships with others (e.g., other family members, friends)?

Do you worry how others might react when they learn that your loved one is transgender?

Support resources

Have you had contact with other (partners, spouses, children, parents, etc.) of transgender people? What was that like for you?

What do you see your relationship being to the transgender community now?

What would you like it to be in the future?

Please share any other questions you may have.

Based on this source: <http://transhealth.vch.ca/resources/library/tcpdocs/guidelines-mentalhealth.pdf>

From <http://transhealth.vch.ca>

"The Transgender Health Program was launched by Vancouver Coastal Health in June 2003 to bring together transgender people and loved ones, health care providers, health planners, and researchers to work on improving transgender health services in British Columbia.

We welcome anyone who has a transgender health question or concern.

Our services are free, anonymous, and confidential."