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## SUMMARY KEYWORDS

guilt, people, shame, transgendered, transgender, hear, transition, deal, gay, years, lesbian, ashamed, transsexual, feel, married, long, passport, transgenders, activist, guilty


## SPEAKERS

Jimmy Carper, Sarah DePalma


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**J** Jimmy Carper 00:23  
Oh yes, you've tuned into after hours queer radio with attitude right here on KPFT Houston 90.1 FM. The crew of after hours is ready to bring you news interviews, dialogue and music geared for gay, lesbian, bisexual and transgender people and their friends. Hear it after hours, we may be diverse, but we have one thing in common. We are all out of the closet and urge everyone to come out of their closet. That means standing up for yourself taking responsibility for your own life and being proud of who you are. Realistically, we know not everyone can do that because of age job or frame of mind. That's okay, we're here for you too. So sit back, relax, and enjoy this week's edition of after hours.

**S** Sarah DePalma 01:47  
Good evening and welcome to after hours, queer radio with attitude. I'm Sara dipalma. And sitting in with me tonight while Jimmy is off on vacation in Hawaii is Beth Richard. Well, hi there. Welcome back.

 02:04  
Thank you. It's good to be back.

**S** Sarah DePalma 02:05  
Yeah, it's nice to get it last time you and I were here we had all kinds of troubles getting on the air. It's nice to get in get organized. Oh, yeah.

 02:11  
Yeah. No doubt about that. I think



02:14

I think Jimmy's up there making a sacrifice so many of Stanley's dollars to Pele.



Sarah DePalma 02:22

Just as long as he isn't throwing virgins volcanoes, I won't be of course, he might have a hard time finding a virgin in Hawaii. But that's a different story.



02:32

Just keeps spitting them back out again.



Sarah DePalma 02:35

No, it's a reject out. Out on Virgin. We can't burn you out.



02:41

Are they married in Hawaii? It?



Sarah DePalma 02:43

I don't know. I you know, I don't know what the thing and what the marriage in Hawaii stands. It looks like even if it's passed, it won't mean anything because DOMA will pretty much have invalidated all over the place.



02:53

Oh, Thomas and constitution, it's going to fail as soon as it's challenged. So I say the sooner it's challenged, the better. Well, yeah.



Sarah DePalma 02:59

Let's see if I can find a headset. Yeah, Sarah's



03:02

Thirza. You know, the fun drive is coming up here in a couple of weeks. And it'd be really cool. If we could get some new heads

we could get some new heads.

S

Sarah DePalma 03:10

Can we get somebody to donate 29 cents, so that we can use get a headset that works? Yeah, it's just the little connector that's broke. Those are Oh, this one works. Cool. I can actually hear you now. Okay. God, live radio. This is fun.

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03:25

So what are we doing tonight, sir? Oh, we

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Sarah DePalma 03:26

are doing a best of show tonight. Okey dokey. Partly because it was the holidays. And I didn't have time to get anyone interviewed. It partly because it's becoming kind of traditional round here that in January, we do the best of 97. Thank you. And 1997, I think may have been? Well, I don't think it may have been it actually was. It was without a doubt our best year on the year.

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03:50

It was certainly one busy one, no

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Sarah DePalma 03:52

doubt about that. We had some discussions on the air that were as good as any we have ever done. Some of the things that we talked about one of the very first things that we're going to have on tape tonight is the discussion that Jimmy and I had about shame and guilt.

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04:08

That show was one of the best I've ever heard on this program on this station, let alone this program.

S

Sarah DePalma 04:13

I think that is is probably the second best show we ever did. We did one later that was better. And that was that was the show that we did about trans jacala Transgender 101 the panel discussion, fabulous stuff. But the show about shame and guilt was really pretty interesting. We had somebody who was driving down Interstate 45 and began losing the signal, drove under the freeway banging on the radio saying no, no, no. And started driving back up interstate 45. So they could hear the rest of the discussion, paying whatever it takes. And when you have an hour discussion like we did and shame and guilt, it's hard to pull out 10 minutes, you know, and

it took me I had listened to that thing three or four times and say all right, we're going to use this 10 minutes and that's the best we can do. Oh, I don't want to have to redo the whole show. But it was terrific. We have a segment with in East Parker on the was a was actually taped in May. And it has to do with the importance of her candidacy. And we're going to do that. And then we're going to have a we had a in July, which was happened to be my birthday. We had a whole bunch of transgender activists in here we were floating people in and out from law conference left and right. And it looked like a who's who was some of the transgender activists of America in the studio. I'll tell you it was Christian coalition's Ground Zero. I'm telling, you know, if they had dropped the bomb in here that night, they could have wiped out some of the key transgender activists in the country. I'm telling you, Dallas. And so we've got some great cuts one from Diane zicatela. Awesome. Oh, yeah. And one from her daughter, Laurie. Yeah. Which was great stuff.



05:51

Well, I sat here on this bench behind you guys and just about wept. While those two are going at it. It moved me that much. It was awesome. Diane, seconds. Hello is



Sarah DePalma 05:59

one of those people that she's well known throughout the West. And her the stuff that she's able to do doesn't seem to get this far. Which is too bad. Because Diane, in my opinion, is probably in the top three activists in the United States. No doubt, whether gay lesbian, bisexual, transgender makes no difference. Diane's on the top right, she gets it done. Yeah, she really does. And so she's quite an amazing character. Then we have a segment from the transgender one on one. And then finally, part of the panel discussion we did on drugs and alcohol. Now, how much of this we're actually going to get to tonight? I don't know. Because it's typically the case around here, which chances are people are going to drop in, sit in the studio and have some things that they're going to want to talk about. This is community radio. This is actually the studio from hell, it's there's no air conditioning in here tonight. And it's warm. Trust me.



06:55

You're not going to claim this as live radio, are you? Oh, it's



Sarah DePalma 06:57

live radio. I have sneeze on the air. It's trust me it's live. And so we're gonna have our usual stuff. You want to tell the audience about your your exciting trip?



07:06

Oh, we're doing all kinds of fun stuff. About a year ago, we started planning for an event that doesn't come along very often, we're on our way to see a total solar eclipse, me the family and a friend of ours. This eclipse going to be going through just the corner of Panama and then

a friend of ours. This one's going to be going through just the corner of Panama and then Colombia Venezuela, is somehow sitting in rural Colombia doesn't sound like a great idea. But then it pops off into the ocean and crosses over Aruba and Curacao.

S

Sarah DePalma 07:36

This is going to be bats Excellent. In venture,

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07:39

no doubt, this is not a vacation. This is an expedition. So we tried to get into a robot it was full we ended up in course out. Well, you know, doing international travel can sometimes be a little strange. In some situations. For instance, I went to go get a passport. Well, I was born in Ohio. So there is nothing to be done about the birth certificate situation. It is a historical document from their point of view, it describes what happened Oh, so many years ago, we won't get into quite just how many? And it it is not to be changed post op pre op court orders or whatever. So based on that, they didn't know what to do since I had a court order of you know, saying I was female and, and this birth certificate saying it was male. So they ended up giving me a provisionary passport for one year with an M on it. dig that.

S

Sarah DePalma 08:32

So you actually what you you finally were able to get the passport. Yeah, it

U

08:36

showed up in time. It's just not quite the way I'd like it to be. But I guess I'm going to have to cope with that. The other interesting trick is that over the last several years, an awful lot of noncustodial divorced parents take the kids run overseas. And so when you come into a country these days pretty much anywhere in the world with kids in tow. They want either both biological parents present. Or they want the non present biological parents letter notarized giving permission to be there for a specific amount of time. Well, you know, here we're gonna go Hey, where's the two kids? Great. Okay, where's the parents? Oh, here we are.

S

Sarah DePalma 09:17

Oh, yeah. Well, that could be an interesting, it could be an interesting revelation to these folks.

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09:22

Oh, no doubt about it. So for those of you who aren't, you know, enough of a regular listener to have heard me before I'm married still with the same spouse I had as of 10 years ago, which was long, long before transition and we've got two kids together and we're just a happy legally. Legally married same sex couple with kids.

S

Sarah DePalma 09:45

Oh, okay. I can hear people's heads spinning out there go What did she say huh?

U

09:51

legally married. I mean, you know, I got the letter saying signed by the Monsignor and everything that was in the The oldest Catholic basilica in the country when we got married, and nobody's turned that marriage off yet, and we don't have any intention of doing it anytime soon.

S

Sarah DePalma 10:09

But explaining this to passport officials, that's a different matter altogether. You

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10:13

know, we've already got this figured what we're going to do is we're going to put all the easy to explain luggage, like just clothes and stuff in my name and anything weird, like, you know, telescopes and cameras and dive equipment stuff is going to be in Terry's name. Because I know I'm going to be at customs forever when we arrive. So let them deal with that stuff.

S

Sarah DePalma 10:33

We went on trip to to Florida for several weeks. Yeah. And one of the presents that Laurie got for Christmas, her mother bought her a beautiful dragon. And it's, it's made of porcelain and some metal. But we knew going through that it was going to set off the metal detector. Sure. So the lady makes me open the entire box. And here I am trying not to break this beautiful porcelain piece. And Lady speaks virtually no English. So she opens up and she doesn't know what she's seeing. And I'm saying to her it's a dragon. I want a dragon. Is there anything in it? No, it's not a piggy bank is a porcelain dragon from China. And I thought, you know, at the very least do to hire somebody who understands the language. You know, well, it but and so here I am pulling paper out. And it's I understand this they don't want you bringing the bomb on the plane. But with the boys and girls, you know it ought to be a little easier than this. Anyway, well let's do some music and we'll get ourselves going. I want to open up with a piece by Chris Williamson and Trent fury This is one of my favorite CDs. And this is a song I don't think we've used on the year before. This is called night birds of paradise. And really some very pretty stuff we'll get ourselves organized and get the tape going and we'll we'll be on our way folks stick with us we have a full show as usually the case around here we have about nine hours worth of material for three hour program once we get settled we'll get be on our way and let's go to some music right now. You Yes sir. Welcome Welcome to after hours. I love that that's so cool. Makes me want to put on a top hat and kick my kick up my heels and go yeah, that is from a CD Howard crowd trees when pigs fly in his I understand that this is a off off off off off

Broadway show. Oh yes. However, the finale of this is just wonderful. You know we're going to take we you can take the KY out of college out of a you can take the color out of Colorado. I just love it. I just think that's great stuff.



12:44

I have a transition story regarding winds, pigs fly and I always have got head meaning for me, a friend of mine told me that I'd finally get around to transitioning because I definitely went a little beyond where I probably should have gotten away with before I'd actually finally took that step and this friend of mine told me well it's going to be when pigs fly before you finally get around to it.

S

Sarah DePalma 13:05

This I told Jimmy the first time he played it. So that's one of our favorite things around the house when pigs fly in chickens learn to quack we got somebody waving at us. Oh yeah. It's very strange to me to be driving down to Montrose. I almost don't recognize it with all the new lofts they're putting up. It's become very, very yuppie, in across the street where there used to be a bar. There are some new lofts going up. And I actually thought I had taken the wrong turn. I told Laurie I said, I think we missed our street. This doesn't look right. So I was really shocked to find the thought. When did they start putting up all these lofts in this place? We're starting to look like South Florida.



13:46

Yeah, and this place is also getting pretty well parked up when I pulled in. I ended up having to double park, you and Sarah.

S

Sarah DePalma 13:54

Were leaving the same time so we ain't going anywhere. Okay, let's do our first cut and want to talk about this a little bit of all the topics that we have done on the year. I think guilt and shame is probably the most ubiquitous. It doesn't matter. It's the kind of an issue. It doesn't matter if you're gay, lesbian, bisexual, transgendered, straight, none of the above. Guilt and shame is everywhere. It's especially noticeable, I think, in the queer community for all sorts of reasons. And I wanted to share with listeners we just I just recently came back from vacation and it was the first time that I have been home since I did my transition. So it's been six years is the last time I was back. And I was prepared for them to really pull the heartstrings you know, and try to make me feel guilty, you know, oil, I ruined their lives or whatever. Yeah. And I'm happy to say that didn't happen, but in fact it was interesting, the only person who had the guts to ask me why I transition was my 86 year old grandmother. Uh huh. And she was really funny. She asked me, she said, Well, why did you want to be a girl? I said, Well, I always wanted to be one. I said, if you asked my mother, she'll tell you, she had to put padlocks on her closet doors to keep me out. Keep me out of her clothes to watch. My



15:22

grandmother's response was okay. Yeah, six years of preparation. One question. My 85 year old grandmother is probably the coolest one of my family regarding the whole subject, too. So, you know, she asked more question, but it's only because she wants to know not because she's, you know, trying to bug me or anything. So



Sarah DePalma 15:39

we're not interesting. My father still has not told his wife. So he met me at my grandmother's house, so you wouldn't have to explain any Oh, I see. But he did learn to say my name. By the time we left. In six years, he had never once actually said my name or even written,



15:55

does that mean, you're gonna get a Christmas card addressed to Sarah this time instead of simply De Palma?



Sarah DePalma 15:59

No, because since then, I've gotten a note from him. And it is written to the Pope. Ah, no first name. Yes. And I thought that it's not that difficult. But it's funny when you look at the pictures that were taken in my father and I, my father is not smiling at all. He's got this real dour kind of, let's get these damn pictures over with look at that, well, six years of preparation, we didn't get anywhere with him. But at least we did with the rest of the family. My mother was pretty cool. There was no guilt or shame stuff rolled. And I wasn't prepared for that. Because you know, parents, and especially you're pretty good at that. You ruined my life, you're not going to carry on the family name. Hmm.



16:44

So it sounds like they have a problem.



Sarah DePalma 16:48

Well, my father is a deacon in the Pentecostal church. That should tell you pretty much what you need to know there.



16:53

Well, I didn't mean your parents necessarily, in specific but people with that kind of attitude. And in general, I've just, you know, felt like you know, they've got a problem with this. You know what, they have got a problem.



S

Sarah DePalma 17:06

It's their problem. You betcha. Well, that's one of the hard parts about this guilt and shame stuff. Because there's no, I don't understand how you can feel guilty about something over which you had no control. Absolutely. Right. You know, that's never made any sense to me. But I do understand how other people are very good at making you feel guilty. Yeah, yeah. You know, especially parents. Wasn't that Joan Rivers used to say her mother would say to her, here have a cup of guilt with your coffee. Yeah. You know, why be kosher? Let's have complete guilt here. In so guilt and shame is really a wide open topic. In the transgender community, especially. I don't think it's I don't know if it's the guilt so much as it is the shame. You know, it's, um, it seems to me that that in our community, people work so hard on their transition to look good, and sound good, and be right. And none of that is going to work. If you're still ashamed of yourself. You can't carry it off. And especially if you have chosen not to have the surgery, or if for that matter, if you're just preoperative, you're going to have it but not yet. If you're ashamed, or you feel guilty people pick up on that fast. Yeah. And it's something I've argued for a long time, which is, there's no way to pass if you feel rotten about who you are. People see it. It's like fear with a dog. You can smell it. Attitude really goes a long way. Attitude is truly everything and about everything, but it sure does go a long way. Well, it really does. And so this discussion that Jimmy and I did about guilt and shame. This is just part of what was an hour long discussion. And I My only regret about this discussion is that we didn't do it in the first half of the show. Yeah. On the other side of the coin is it turns out, we caught a lot of people going home for the bars who were hearing it so maybe it was okay. Yeah. And for two weeks afterwards, people were calling the station here saying, Can I get a copy of that tape?



19:14

I don't know how many weeks after it is now but Sarah, can I get a copy of that?

S

Sarah DePalma 19:18

Yeah. We actually have had some therapists call the show, call the station say that they want to use it in therapy with one of their clients.



19:25

Yeah, I've heard snippets of it from a friend of mine who had who has copied it, but I was not available that weekend. So I'm really this is yet another hearing of a snippet but I've yet to hear the whole thing and I'm really looking forward to it someday

S

Sarah DePalma 19:38

well, and and I've got the as I just got through going through here, of course for all kinds of stuff. And I hope this is going to be as good as a snippet as it was. We're gonna go ahead and try this. This is Jimmy and I talking about guilt and shame. Okay, let me tell you how I come to this subject. Every time I talk about the issue of trans, of being a transgendered person, I end

up hearing from somebody who says, well, it's easy for you to say you don't feel bad about yourself. Well, no, I don't. And the truth is, I never felt bad about myself, I only felt bad about myself until I came to realize there was transgender. And coming to the realization that I was transgender was one of the great reliefs of my life. But I never felt guilt or shame for being transgendered. I guess I'm one of the few people who never get

**J** Jimmy Carper 20:39

Okay. Let's explore that. Because there are different varying degrees, we were talking about this on the coming out process. And that does involve guilt and shame, and very much that coming out is a process, not an event. It's a lifelong process.

**S** Sarah DePalma 20:59

That's true. And remember that I came to my realization of being a transgendered person after having been a, you know, a fierce, gay rights activists, that's true that I came to with a completely different background than most people do. And that there

**J** Jimmy Carper 21:13

are times, you know, I know, I'd like to dress like, people will realize that they're dealing with a gay man. But there there are times that people don't realize that they're speaking to a gay man, when they're speaking to me. And depending on the situation, it may be Oh, yeah, I just, it's just easier to just not even acknowledge it just to go on, you know,

**S** Sarah DePalma 21:38

the store, I don't want to be messed with, I want to get my groceries and get the heck out. Well, that's there.

**J** Jimmy Carper 21:41

Is this guilt? or shame? Or is this just

**S** Sarah DePalma 21:45

No, I think that's a little bit different. I think that's, that's more advanced. That's it's guilt. And shame is the most basic of all things. And it I think, goes to the shoulds in the must

**J** Jimmy Carper 21:57

you know, but even in the most out activist that I've known, when you sit sat down and talked with them, quite a few said, Well, you know, I'm out to everybody. But then when you when you

delve further, it was like, Well, my grandmother doesn't really know.

S

Sarah DePalma 22:15

Um, in that case, and I don't care, I'm never going to tell her because she's 80 years old, and I don't want her to have a heart attack. So what does this amount of guilt or shame or now what is this? No, and everyone, virtually everyone that I know, including some of the most out and active transgendered, have some people that they feel they cannot tell? For various reasons. And I know my own case, for example, my grandmother does not know and never will know. She's 80 years old. She's had two children who had committed suicide. She lost her husband within the last few years. I will not put one more thing on this woman. Period.

J

Jimmy Carper 22:56

Okay, so this is not dealing with guilt and shame. In this case, no, has nothing. I'm certainly not ashamed of myself, you know, think about me, when I think about, you know, there, there are people who don't know that I am. And I think, you know, what, what is the real reasoning behind that? And you always have this question.

S

Sarah DePalma 23:13

For transgendered people, it starts out. First of all, it's, it's the, if you start talking about the age, which person realizes they're transgender. And in talking to people, it's very different. And it seems to have as much to do with where you live, is anything else. People who grew up in urban areas seem to come to the realization of what a transgender person is much sooner. Really, people who live out in rural areas are not exposed as much. They don't have a drag bar. They don't know what it is. They don't have exposure to the magazine section that you would find in a larger. You said urban.

J

Jimmy Carper 23:58

Yeah, well, okay. I see. Okay.

S

Sarah DePalma 24:02

So they come to that they may come to at least have heard the word sooner. They you know, people who live in larger cities, they get an idea. But transgender people, they come to the realization differently. For example, for a lot of cross dressers, they come to it through sexual fetish. They come to it as a masturbation fantasy. They come to it by stealing your sister's clothes. Sure. And there's tremendous shame and guilt in that. There is this you know, there's the I'm doing something that I shouldn't be doing bad and that becomes ingrained. It becomes part of your personality. And it becomes translated into being transgendered is bad. When what was bad was theft. Not you know, but that confusion is easy to make Hey,

J Jimmy Carper 25:01

let me ask you, how much does community play because the same thing holds for gay and lesbian people and bisexual people about the guilt and shame or what I'm doing is bad, blah, blah, blah, when you're when you're a young teenager, I and you get that impression. But later on, there's, there's this community of gay and lesbian people, and you have this the backing and so

S Sarah DePalma 25:28

even even younger, gay and lesbian people have a some sense of community to be 10 1214 years old, you pretty much know what gay or lesbian is, you have seen it on television, you have seen it in the newspapers. You know, the subject has come up at some point or another, you pretty much know what gay or lesbian did,

J Jimmy Carper 25:51

you could feel isolated. But you know, you're not the overt, you know, you're

S Sarah DePalma 25:53

not the only one transgenders don't have that. They don't have it. And I get those calls from people all the time. After doing the show for more than two years, I still get the calls. People say, Thank God, I thought it was the only one. And that seems to continue. And it's surprisingly, it's not just from people in small towns, I get those calls from people who live here. Is it because of the lack of community? It's because of lack of community, partly, and it's because of the fear of people like myself, who are scared to get to go near kids for the fear of being sued? Yeah. I know, the transgender I know, if you're a transgender teenager, I know you're out there. If you're 1415 years old, and you're transgendered, I know you're out there. But I can't go near you. Your parents would have me thrown in jail in a heartbeat. Sure. Sure. So there's the problem. It's the isolation. So transgenders tend to have a much longer coming out period, or even a self realization period. Even in my own case, although I've been cross dressing since I was about 13. I didn't know what the word transgender was till I was close to 30. Okay, so in between there, there's lots of time to pick up guilt, shame, remorse, you get preached to in church, you know, and you're told things like, the Bible says that it's a sin for man to have long hair. Well, I Oh, that's a sin and wearing a dress or ought to be mature enough good to get you to hell, you know, and

J Jimmy Carper 27:20

I've been thinking about that. And that, you know, there's there's lots of transgender people on TV now, you know, on the talk shows what kind of transgender Well, frat fat and you have Dennis Rodman, and I

S Sarah DePalma 27:35

don't even want to claim. Well, I know but you know, Rodman is pretty much a crossdresser. Yeah, but what is society's reaction? And that's what what the kids are saying, yes, there's Dennis Rodman. But what are people saying, and that's what they're focusing in on and rightly so they're afraid of being bashed. They're afraid of being made fun of, you know, the, they still have to be able to go to gyms and lock rooms in high school, to be able to survive. And so they know better. And so all of this builds in secret, it all it's all in secret. Gays are less gay, gay, lesbian teachers, teenagers know that when they graduate from high school they're going to be chances are they'll be able to go to a college where there's going to be your gay or lesbian. transgenders don't know that transgenders may not have anything like that. So they're in many cases, that people who are transgender can area, they know they're transgender, but they carry all the way into marriage. That's how it happens that so many crossdressers and even transsexuals end up married because they've never really known what to deal with it. They've never really known what to call it. And so they carry it right into marriage. As a deep dark suit as a deep dark secret. I did that myself. You know, I remember going to Kmart and buying lingerie, and going down to a city park in the dark and putting the lingerie on in the back part of a park. Because I wouldn't have to go home and have my wife see it. I felt really lucky. I didn't get killed out there. No kidding. But it was such a desperate drive. And that desperation fuels this this fear in this guilt. Surely anything that feels this desperate must be wrong. And you know, and so all of this gets carried. Now the problem with all of this is, it's all for nothing. It's all for nothing. These are all societally taught things that you can unlearn. What does a woman in Houston Texas have in common with a woman in Iran tonight? Biology that's it? Yeah, that's true. The definition of what is a woman is completely cultural. And you can on Learn cultural thing, boy, it's tough though. Yes, it is. Yes, it is. It's one of the things As a transgendered activist, do not do a good job of dealing with, they don't talk about the guilt and the shame they talk about the politics is if people will have to just deal with the guilt and the shame on their own. And I would make the argument that until we can deal with guilt and shame, transgender politics is in deep trouble. And so this is, this is an important issue. Now you get into marriage, and you you got into the marriage in the first place, and probably knowing you still had this transgendered, something, even if you couldn't put a word on it. Now, at some point during this marriage, now, you can't get rid of it. I don't care, you can take your clothes out, you can burn them, you can hide them in the attic, and you can bury them under bricks. And that habits gonna come back and you'll do it many, many times. It's very expensive. I heard a prolonged process. So it was talking about it, the purge it yes, it's gonna come back. And every time you do this, you feel more guilt and more shame. And worse, you're piling lies and deceit on top of it, you may now have a pretty good reason to feel guilty. Sure. And that to see that you've given to your wife or to your spouse. And that guilt, a I mean, some point, you're gonna have to do something with it. Okay, now comes the time you say, I can't stand it anymore. I have to do something with it. But I don't do something with it. I want to be dead. So it's some point you sit down with your your spouse, and you say, There's something I've been meaning to tell you. And she says to you, you dishonest sob? Why didn't you tell me this before? How long have you been doing this? And use it stupidly, say, since I was 14, or since I was 20. Or the whole time that I've known you? Well, and she says, I want to divorce? That

J Jimmy Carper 31:50

happens sometimes. But other times? She has to think about it and come to terms and

S Sarah DePalma 31:56

yes, yes. And some people do that did partly it has to do with upbringing of the spouse. As far as on the love for Hooters. Partly it has to do with their relationship to begin with. Sometimes it has to do with whether they do or don't have kids. Sometimes it has to do with the kind of therapy they get as couples or don't get. It has to do with their own love relationship. It has to do with the self image each has of themselves and for each other, no simple matter, but tied up and all of that still is guilt and shame. Now here we are, as activists saying to these people get over it, we need to go to Washington, and we need to demand equal rights easier said than done. Or we need to go to Austin, or we need to Time out. Time timeout, you're gonna have to go back and deal with that issue in the transgender community. Now, how does this play out? Well, some people never get rid of that. So they do their two years of transition and disappear. And why are they disappearing? Well, they never got over feeling guilty or shameful about the fact that they were transgender, or transsexual in the first place. They go through transition as fast as they can get everything done as quickly as they can, so they can go hide. Hiding does not get rid of guilt and shame, guilt and shame will follow you everywhere you go. Yeah, yeah, at some point, you have to deal with it. And I'm amazed the transsexuals that I've talked to said, Well, you know, the whole point of transition is to become a woman. No, the whole point of transition is to deal with the issues that may eventually lead to you becoming a woman or not. But transition, the purpose of transition is to deal with those issues. And guilt and shame is right at the top of the list.

**J** Jimmy Carper 33:45

And if you go back into the closet after the transition, then you spend the rest of your life wondering, is anybody going to find

**S** Sarah DePalma 33:54

out? It's a mistake to think in today's world that you can simply transition disappear into the woodwork and no one will ever know. Your credit records are on the internet folks. Pay attention. Where do you think you're going to go? Computers follow you everywhere I work at a bank? Trust me credit records don't get straightened out for years and sometimes never get straightened out? Do you really think you're going to be able to up and hide forever? And the ironic part about this is what happens is people say well, I'm not going to get I you know, I've known so many transgender people who go to court and they're in the middle of divorce. And because they feel guilt and shame they they handle everything cost to do the kids the house, the money is if you know they're paying some sort of penance. Oh, yeah. Well, that doesn't make sense either. It's it's not good sense. It isn't good economics. It isn't good for you psychologically. It just doesn't. Guilt and shame is the issue to deal with. Now how do we deal with it? A first thing, and this is the hardest by far the hardest thing. The first thing is to say, I haven't done a damn thing wrong. I didn't ask for this. I didn't look for it. I wouldn't, you know, but it's here, in just the same way that a gay person has to come with the terms to say, I was born this way. Transgender people have got to learn to say that, too. Because it's the truth. You were you were born that way. If you're born that way, then there is no fault, Drew, period, there is no fault. What are you feeling guilty about? You feeling guilty because you were born different. You didn't have control over that. But most people aren't raised that way. And if and I've made at the Tifa at the Tea Party, couple years ago, I gave a speech called the religion of fear. And I talked about how fear manifests itself and becomes paralyzing so that you can't go anywhere in transition. And afterwards, people came up to me and said, you were talking about

me, but they said it very quietly and disappeared. Before I could say anything to him before I could talk about it, they were gone. So when you when you start to deal with these issues, the hardest part and really the first thing you have to say is I didn't ask for this. It's not my fault. Now, once you say that, then the hard next step is okay. But now I have to live with it. What do I do with the situation that I'm in? The answer is tell the truth. Or that's hard.

**J** Jimmy Carper 36:44

I it's it's for most for most people, maybe impossible. Yes. So I know in gay and lesbian people, and bisexual people have to really come to terms with with with it themselves before they can tell other people.

**S** Sarah DePalma 37:01

Well, that's true. So that's, that's the Self coming out first. And I would tell people don't put yourself out under time pressure. Don't. Don't say to yourself, well, I have to be through this guilt by Monday. Yeah, you know, work that it isn't going to happen. You might as well figure it this is going to be a slow process. And you may not you shouldn't with yourself may not get rid of all of your guilt your entire life. Well, that's right. But the you know, you didn't ask for this situation. But now here you are. Maybe you're married. Maybe you're not. Maybe you're a crossdresser. Maybe you don't know if you're a crossdresser. Maybe you're a fetishes, maybe you're transsexual don't confuse confusion with guilt. You know, searching for things searching for an answer is noble. It's not a reason for guilt. It's not a reason to be ashamed. We're not taught that in this society. In this society. We're taught well, you're supposed to know what you are supposed to be a heterosexual guy. And you're supposed to be a heterosexual woman. And you're supposed to produce babies and make the grandchildren happy. Well, maybe in the days of Ozzie and Harriet, but not anymore, not anymore, then I don't

**J** Jimmy Carper 38:09

think that reality ever that was ever a reality really.

**S** Sarah DePalma 38:12

It never was for I grew up that was for sure. battering simply took place in quiet. Yeah. And and drunks were quiet in their own bedroom. You know? The other thing I would say is, get yourself involved in a group. Oh, yes. Get yourself involved in a group now. Chances are, you're going to meet people in the group for so thoroughly ashamed themselves, that they simply cannot stand it. Okay, but that will give you a gauge. One solution would be for some of the groups in the city or any city, not just here to say yes, we're a social group, but we need to deal with some of these fundamental issues. We need to deal with the issue of guilt. You know, if you go through 35 websites like I did, and they can't find the word guilt or shame, anywhere that's associated with transgender, then that's a closet subject is so deeply hidden under the closet. You'd have to get a crane to get it out. Sure. And yet it's pervasive. It is blocking is no way transgender activists can expect people to

