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SUMMARY KEYWORDS

people, guilt, transgendered, shame, transgender, transsexuals, activist, deal, gay, life, true, lesbian, transition, cross dressers, attitude, group, guilty, jessica, hide, talk



00:01

We've got to this segment, this is Sarah dipalma. And Jessica Xavier. And we'll be back a little bit with the second part of this interview.



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You're listening to KPFT Houston and ke O 's College Station.



00:28

From his brand



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new album drawn to the deep end, and that was called fighting fit. You've heard it on KPFT Houston after hours fighting fit. It really is strange to just got a picture of this old guy on the cover. And you know, when I first saw that that, is that, is that the gene that I think it is? I said I had to read a review of the album to realize oh, yes, yes, I need to go back and buy that one. For the fighting, fighting fit all the minified No, no, no, no, no.



01:06

Who's on First? What's on second? I don't know. One of the things about listening to Jessica Xavier. Jessica, doesn't know the word quit. Jessica. Jessica is in a, he's in an unusual place. Because Jessica feels no fear. Or if she does, she does a good job of hiding it. And I really respect her probably as much as anybody in the transgender community because she has a genuinely level head on her shoulders. And Jessica is one of those people that if you ask her something on Monday, you're going to get the same answer from her on Friday. She's consistent, she's truthful. She tells everybody the same story. She keeps everybody on the same page and she works toward a goal. And it's it's, you know, do you have like you have somebody like that from a boss, or somebody to work? Well, okay, let's get started on this

subject that I had said I was going to talk about tonight. And that's the subject of short game. Yeah. What did I say? Guilt and shame, guilt and shame. I don't know what I started out saying. Okay, let me tell you how I come to this subject. Every time I talk about the issue of trans, of being a transgender person, I ended 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 that I 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 transgender. I guess I'm one of the few people who never get



02:58

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 that very much that coming out is a process, not an event. It's a lifelong process.



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That's true. And remember that I came to my realization of being a transgender 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.



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And that there 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 and depending on the situation. It may be, you know, yeah, I just, it's just easier to just not to even acknowledge it just to go on, you know,



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restore, I don't want to be stressful, I want to get my groceries and get the heck out.



03:59

Well, that's now is this guilt or shame? Or is this just



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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 the things I think goes to the shoulds in the must



04:14

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



04:32

I'm gonna decades and I don't care I'm never gonna tell it because she's 80 years old, and I don't want her to have a heart attack. So



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what does this amount of guilt or shame or no, what is this



04:42

No, and I everyone, virtually everyone that I know including some of the most out and active transgender I 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 them. She's 80 years old, she's had two children who have committed suicide. She lost her husband within the last few years. I will not put one more thing on this woman.



05:12

Period. Okay, so this is not dealing with guilt and shame. In this case,



05:16

no has nothing. I'm certainly not ashamed of myself for everything about me



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what I think about you know, there are 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.



05:29

For transgendered people, it starts out. First of all, it's it's the, 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 so a



06:13

lot you said urban.



06:15

Yeah, well, okay. I



06:16

see. I see. Okay,



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so they come to that they may come to at least have heard the word sooner. They know people who live in larger cities, yeah, 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 venison, 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.



07:16

Let me ask you, how much does community play because the same thing holds for gay and lesbian people, 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 backing and so



07:43

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, you could feel isolated. But you know, you're not the but you know, you're 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 I 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 death 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. 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 a man to get long hair. Well, hell, if that's a sin and wearing a dress or how to be you Sure enough, good gets you to hell.



09:32

You know, and 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, that and you have Dennis Rodman, and I don't even want to claim that. 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 Ah, yes, there's Dennis Rodman but what are people



10:02

saying if 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 locker rooms in high school to be able to survive. Yeah. 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 you're gay or lesbian. transgenders don't know that transgenders may not have anything like that. So there are in many cases, that people who are transgender can, Eric, they know they're transgender, but they carry all the way into marriage. That's how it happens that so many cross dressers 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. That's probably lucky. I didn't get killed out there. No kidding. But it was such a desperate drive. And that desperation fuels this this fear and this guilt. Surely anything that feels this desperate must be wrong. 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 unlearn cultural things. Why it's tough, though. Yes, it is. Yes, it is. It's one of the things that transgendered activists 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 shame on their own. And I would make the argument that until we can deal with guilt and shame, the transgender politics is in deep trouble. And so this is this is an important issue. Now you get into a marriage, and you you got

into the marriage in the first place, and probably no one 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. You can bury them under bricks. Yes. And that habits gonna come back.



12:55

And you'll do it many, many times. It's very expensive. I heard a polling process. I was talking about it. The purge it yes, it's gonna



13:02

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. Wow. Okay. Now comes the time you say, I can't stand it anymore. I have to do something with it. But 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 a divorce.



13:59

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



14:06

yes, yes. And some people do that they partly it has to do with upbringing, the spouse departs on the love for history. 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 timeout timeout you're gonna have to go back and deal with that issue in the transgender community. Now how does this play out out, while some people never get rid of that, so they do their two years of 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, transsexual the birthplace, 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. Yes, you had some point, you have to deal with it. And I'm amazed at transsexuals that I've talked to said, Well, you know, the whole point of transition is to become a woman. Know, the whole point of transition is to deal

with issues that may eventually lead to you becoming a woman or not. But the but transition, the purpose of transition, is to deal with those issues. And guilt and shame is right at the top of the list. And



15:53

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



16:03

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 up? 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 hit 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. Custody, the kids, the house, the money is there. You know, they're paying some sort of penance. Oh, yeah. Well, that doesn't make sense either. No, 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? Okay, the first thing, and this is the hardest, by far the hardest thing. 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 it's in and I've made at the tea cup at the tea party a couple of 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. I it's it's for most for most people, it may be impossible. Yes.



18:54

But 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. Well, that's true. So that's, that's the Self coming out first.



19:11

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



19:25

and you may not you shouldn't with yourself may not get rid of all of your guilt your entire life.



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Well, that's right. But that, 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. Okay, you know, searching for things searching for an answer is noble. It's not a reason for guilt is not a reason to be ashamed. We're not taught that in this society. You 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 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. That's



20:14

not reality ever. That was ever a reality. Really.



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It never was where 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 who are so thoroughly ashamed of themselves, that they simply cannot stand.



20:45

Okay, but that will give you a gauge.



20:48

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 associate with transgender. The net, the 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 in no way transgender activists can expect people to support them on political issues, if they can't even deal with their own internal workings. Yeah, it just isn't going to happen. So my advice to people first of all, is say to yourself, it's not my fault, because it isn't. The second thing is, tell the truth. Face it? Why is it so important? Tell the truth. Because every time you tell a lie, whether it's a lie of omission, or a lie of commission, you chip away a piece of your own self esteem. You do that enough times you have nothing left, you don't know who you are anymore. And no one around you knows who you are either. You just can't go through life doing that. I guess we got to do station breaker



22:05

you're listening to after hours on KPFT Houston and KEOX's College Station. This is queer radio with attitude. You're listening to Jimmy Carper. And Sarah Dipalma.



22:17

We're just we're talking about issues, I think that would apply to anybody in our community, whether they're gay, lesbian, transgender, bisexual, and we've been talking about the subject of guilt or shame. And I want to talk about bring this up in a little different context. One of the ways guilt and shame manifests itself is to attack those people who are activist. If you're a if you're an out activist, if you're a Jessica Xavier, or if you're Ricky Wilkins, or if you're a Phyllis fry, if you are any of those folks, you are under constant attack. And one of the reasons that you are is because there is always a portion of the VR community that is always coming out. They were always at the start of the process. They are always in fear in anyone who stands out in front and says and attracts any kind of connection, any kind of attention to a community in which they are afraid to be a part of they're going to attack. And it has taken me a long time to learn that. It really needs to be the community organizations need to need to deal with those people on a fundamental level, because activist can't, they're not going to have the time. It's not fair to say to an activist, you must stop what you're doing. And go back and talk to that part of the community that is so scared. You just can't do it. There's no time. If you're a Phyllis fry, or if you're, if you're a Ricky Wilkins or any of these other people, you're busy. You're trying to deal with Congress, you're trying to deal with the state legislature, you're trying to deal with people at a whole different level. And you just don't have the time you may understand what you're being attacked. But you there's just no time to go back and deal with it. There's no right now there is no infrastructure in the transgender community to deal with this most basic issue, okay, just doesn't exist. You've always told me



24:27

that part of the transition is psychological. Oh, very much. So. Yeah. Doesn't this issue come up?



24:36

No. I have never been to a meeting and heard this subject convention ever. I can count the number of books that I've ever seen on the subject on the fingers of one hand, and most of those are not written about transgenders

those are not written about transgenders,



24:48

a psychologist is not going to deal with guilt and shame. There are



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a couple of books that I've seen some psychologists deal with it and but basically it gets glossed over Pretty much



25:00

and what about groups that this sounds like a subject that would be well handled in a group situation where you can kind of unload and kind of support each other?



25:12

Well, it seems like that should be the case. But in most cases, what happens is, in most cities, you may have two maybe three organizations. One will be a cross dressing group, one will be kind of a general catch all type of group and one might be specific to transsexuals, transsexuals as a rule, are so caught up in transition, in hormones, and enclosed in and all that kind of stuff. They just don't discuss guilt. The other groups tend to be kind of social, their party girls. And so in between there are all these issues that never get discussed. And what happens is, there is a small segment of activists who are maybe real out and very public, and they can count on being attacked by a lot of the people that are in these other groups, because they've never dealt with the guilt and shame. It almost looks socially acceptable to attack an activist. And that's, that's a scary, it's gone. It's taken me a long time to learn it. But I think it's almost as true in the gay communities isn't trans? Oh, yeah. Transgender. You know,



26:12

I've long known that no matter what I say on the air. I'm gonna piss off half the people.



26:19

I'm kind of disappointed if I don't, because it means I didn't do my job. I didn't make people think. Right. You know, a lot of people if they have to think that this is more than sufficient. Sad, but true. And so I want to say this there. I know that there are people out there who are started the process. And I know you're frightened. I know that you're scared. I know that you're feeling guilty and ashamed. Folks, the way to deal with that, as hard as it is, is to deal with it straightforwardly. If you can't do it by yourself, and get professional help. If you can't afford professional help, then by all means, seek out a support group. But you have to deal with it. It will not go away.



27:06

Okay, sir. And your case? It you had a long growing process. Yeah, I did. How long did it take? And what did it take for you to look in the mirror and say, This is what I am.



27:25

For me, the day that I realized that I was transgender was probably the most liberating moment I've ever had. Because I had felt so lost. I identified with Moses, actually, I think I felt I understood how you felt wandering in the desert for 40 years, because and that was kind of how I felt. I thought it was straight wasn't. I thought it was a gay man. And it wasn't. And I didn't know what the hell I was, but it wasn't anything I'd ever heard of before. And when the realization finally came to me, it was so liberating. It was like, it was like coming to the end of the desert and finding Las Vegas hit No, like, wow, this is gonna be great. But I don't think that's typical of most people. With most people. They start out in many cases as I hate to use the word fetish, but that's often what it is. Yeah, it starts out as a masturbation fantasy, especially for a lot of cross dressers for transsexuals. In many cases, that's also the true it's not real clear to me, always, we're cross dressers and transsexuals begin to diverge, I think is at some point, it's where the transsexual says my genitals don't fit for me. And I want to do something about it. And okay, we're a crossdresser says, I can live with my genitals the way they are in I, you know, I don't have to live it as the other gender 24 hours a day. So it's a matter of degrees. But up until that diversion point, I think for most people, it starts out pretty much is a hide and seek kind of game. It attached to that is all that guilt and shame.



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Okay, so first, you have to realize where you are in the spectrum,



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you have to have a change of attitude. First of all, people come to being transgender and look at it like it's a curse. I wouldn't have traded this trip, for any amount of money. And I mean that sincerely. If somebody came to me tomorrow and said, Here's \$40 million. Okay, it's all yours. What you have to give up all that? Forget it.



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Yeah, I know what you mean. Forget it. This has been the same way about being gay.



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Yeah, this has been the most fun, exciting trip. How many people could say they've successfully lived in two different genders? No



29:41

kidding.



29:42

You know how many people can say that they've had all this adventure, and have learned all these things. In one lifetime. I mean, it I used to hear the train that people would try a sorority say that they were gender gifted. And it used to make me gag, you know, oh, gender gifted And now I get it. I get it. Now, it took me a long time to figure out what they meant. But I get it. It is a gift. And the hardest thing is for people to get over the idea that it's not cursed.



30:12

Maybe that's it. We spend all our time thinking about the drawbacks, and not thinking about the good points. It's fun. Yes.



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I mean, me. Yes. It's certainly you know, having problems with your family, having you know, the potential to lose your job. Those issues are not fun. True. But on the other hand, what an adventure, this is,



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no matter what, what you are, anywhere. Life has drawbacks. gay, straight, whatever. Steven wouldl, it's a matter of looking at the good points in your life, isn't it? Steven



30:48

wouldn't change my attitude about it. I sat across from him doing the interview. And Steven whoodle said to me, you know, he said, I'm not sure if my son will be half the man that I am. Because he won't face those challenges and have had the adventure to get here like I did. That's true. And he had such a twinkle in his eye, and I went home thinking, Damn, why never, why didn't I ever think of that? And it was all attitude. That's all it was, it was attitude. And if you start to feel if you can think of it that way, what are you ashamed of, you have something to brag about? You know, and that's a bit of a key thing, people are going to have hard time learning that when you're in the middle of a divorce, it's going to be hard to see the forest through the tree. And well, true, you know, but the end result is it can be it can be a fun trip, when it's all said and done, if you will allow it to be that. And the way you have to do that is attitude. is attitude. It's it's it's no different than than having AIDS in a lot of in some room this respects the people that I've known who have done well with aids have all had the attitude that they don't want to have to come get me.



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I'm not surrendering to it, that that's exactly right. Yeah, that's where I am,



32:05

you know, and being transgender. While it's certainly I don't mean, you know, that it's that it's a disease but, but in the same, what I do mean is it's all attitude, if you have the attitude of I'm going to be the best that I can be. And I'm going to have fun at this. You will. That's right, and



32:21

looking on it is the most positive way you can I know for eight, I've always been a chubby guy all my life. And I've had to watch my weight, watch my weight. One of the advantages I have right now is that I can eat all I want and not worry about gaining weight. So I mean, that it's it's the way of looking at things it is and that, you know if I could very easily say oh my god, I'm losing weight. And you know and worry myself to death about that. But that's not going to help the situation.



32:57

People who have been listening to the show for any length of time they've heard Beth Richard on the show. Yeah, for D McKellar in the show. What separates them from the other people. Its attitude, totally at its complete attitude. They have an attitude that says, hey, this can be fun, I'm gonna let it be fun. You're enjoying life.



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And they're



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out there, they're out each in their own way, in a way that's comfortable for them. And that's the last part, the last part of this of the last piece of this puzzle. Don't put pressure on yourself to be out immediately.



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That made us very wise, very wise, because we say that to teenagers. Yeah. Because, you know, if if you depend on the support of your parents, it's probably not a good idea to come out right now. That's right. As a matter of fact, you we got a call earlier.



33:52

Yeah, the thing the thing about it is, don't put too much pressure on yourself to do stuff all at once. You've got a lifetime to adjust. So give yourself the time to do that. One of the things activists are guilty of I think is that we have a tendency to say, Come out, come out wherever you are, meaning right now immediately, and that's not always smart. That's That's true. It's just not always smart. There are circumstances in which you simply can't, or shouldn't we say that at the start of every show, we begin it's and it's especially true for transgendered people. But I want to point this out. One of the problems that we have in the transgender community is we don't we have many role models, and the role models that we have are activists. It's just a bad thing. It can be for somebody that's right at the start of the process. It's too scary. It's too soon. It's like being a starting boxer. And your next matches against Muhammad Ali.



34:45

Well, okay, it's



34:46

it's it's too much too soon. What we really need is we need role models within some of the transgendered organizations who can be out enough that some that young People could talk to them on the phone. Or they could be out enough to work, maybe they could go and talk to schools. We need model role models who can go out and say, I am positively transgendered. And it's not a disease, it isn't a curse, you can learn, you can learn to have a happy, healthy, loving life, if you choose to do that. Or you can be a miserable sob. And you can whine and pout and have everybody just be thoroughly disgusted with you and go around through life saying, Oh, me, I'm transgendered. My life is never going to be worth a damn. You got that attitude? I promise you that you'll be right.



35:43

Yeah, that's absolutely.



35:45

So for, you know, I wanted to talk about that as one of the first things about being transgender, because it is the hardest issue. It's very difficult to go on to talk about politics, to talk about relationships, to talk about any aspects of being transgendered, or even gay or lesbian, gay, don't deal with that first, and



36:07

especially what I hear in the bisexual community, it's very, very hard to give up that guilt or shame, because it takes a longer time to realize that you're bisexual, because you're looking at the straight camp and the gay camp and you think, gee, I'm not really straight. I'm not really

gay, what what the hell am I and people go,



36:29

you're neither either. And that's much worse,



36:30

it's much worse, much worse, until you realize, you know, I don't have to make a choice. That is my choice.



36:38

And this isn't easy to do. Because, you know, you may have parents that are going to try and make you feel guilty as hell, that's right. You know, you ruined my life. Well, you know, or there's going to be a husband or a wife that's going to be out there and say, you see what you did to me, this is your fault. Or you may have children out there. I didn't, I'm not telling you this is going to be easy. That's why I'm telling you you need to get a good support group around you really, really do really do. But at the same time, you don't have to be miserable. It isn't occurs in it. This also means you do not have to woodwork, you do not woodworking in my opinion, and I'm gonna get a lot of trouble for this. You always do woodworking is just another form of shame. You're going from having felt shameful and guilty about being transgendered. You get your operation, then you can go back to being chained and guilty because you're hiding. Well, congratulations. Wasn't that a promotion? Boy, that was a step up.



37:39

And then spend the rest of your life worried that people are going to find out?



37:43

Yeah, you you're always wondering, When is the other shoe going to fall? What exactly are you going to do? You're not going to tell or you're not going to tell any of your friends you can try and move to a town and build a whole new build a whole new group of friends, and live your whole life under false pretenses. Tell everybody the same stories, but except when I was a girl, I did this when you did your well, it was when you were a boy. What do you think that's doing your self esteem? Not much, not much. You know that it just isn't the answer. It just it just isn't. It simply is going from one closet of guilt and shame to the other. I'm not suggesting you have to come on television. Oh, no. You know, there are there are a whole lot of in between choices that you can make. But But going from one one closet of shame to the other closet. Shame is not a promotion in surgery isn't going to fix it. Does not mentioned that. When you say you want to go to music,



38:10



38:40

okay. What have I got up here? Oh, a local group, Carolyn Wonderland and the Imperial monkeys. Now this is not a gay lesbian, bisexual transgender group. This is a local group, but they have a strong lesbian following. And you can hear them at Red yurts and all kinds of local places. The lead singer Carolyn Wonderland has a voice. Very similar to some Janis Joplin stuff.



39:12

Oh, good. Yeah.



39:14

And this is my favorite song on their brand new album called bursting with flavor. It's called no doubt