

Gender Identity Therapy Worksheet

Patient Information

Name (Optional):

Preferred Pronouns:

Date:

Instructions: This worksheet is designed to assist you in exploring your gender identity. There are no right or wrong answers; you should only answer the questions you feel comfortable with. You're encouraged to take your time and explore each question thoughtfully.

1. Self-identification

How do you currently identify your gender? This can be as broad or specific as you like, and it's okay if you are still deciding.

2. Understanding Gender Identity

Read the definitions below:

- **Sex Assigned at Birth:** The sex (male or female) given to you when you are born, usually based on physical characteristics.
- **Gender Identity:** Your inner sense of your gender, whether that's male, female, something else, or none of these.
- **Gender Expression:** How you express your gender through clothing, behavior, personal appearance, and other forms of presentation.
- **Transgender:** A term used to describe people whose gender identity differs from the sex they were assigned at birth.

With these definitions in mind, do you feel your gender identity aligns with your sex assigned at birth?

3. Feelings and Experiences

Describe any feelings or experiences you have had that might be related to your gender identity. This could be discomfort with your assigned gender (gender dysphoria), feelings of happiness or comfort when expressing a different gender (gender euphoria), or anything else you have noticed.

4. History of Gender Identity

Reflect on your past. When did you first begin to question your gender identity? Do any moments or experiences stand out to you when thinking about your gender?

5. Future Reflections

How do you envision your future concerning your gender identity? If you are considering transitioning, what might that look like for you? This could include changes in your appearance, social changes (such as a new name or pronouns), medical changes (like hormone treatment or surgery), or legal changes (like altering gender markers on documents).

6. Support System

List the people and/or resources in your life that you feel are or could be supportive during your exploration of your gender identity. These might be friends, family, teachers, online communities, books, films, etc.

7. Coping Strategies

What strategies could you employ to help cope with any challenges you face with your gender identity? This could include self-care activities, seeking professional help, joining support groups, etc.

8. Additional Thoughts and Feelings

Use this space to share additional thoughts or feelings about your gender identity that the previous sections may not have addressed.

Remember, this worksheet is just a tool to aid in exploring your gender identity. It is highly recommended that you work through these questions with a mental health professional knowledgeable about gender issues. Take care of yourself throughout this process, and take the time you need. You are valid in your feelings and experiences.