

Rate the Following 1 Through 5:

	Never		Frequently		
My mental health is consistently stable.	1	2	3	4	5
I never worry about others opinions of me.	1	2	3	4	5
I don't let the opinions of others effect my life.	1	2	3	4	5
I have good personal hygiene.	1	2	3	4	5
I battle with depression.	1	2	3	4	5

Research From All Sides:

Happily Transitioned
(currently on HRT)

Happily Transitioned
(was on HRT - now off)

De-transitioned
(was on HRT - identifies as gender assigned at birth)

Pros:

Pros:

Pros:

Cons:

Cons:

Cons:

Legal Research:

Are transgender people protected by law? Yes or No
 Are you allowed to be fired for being transgender? Yes or No
 Are healthcare professionals allowed to deny you healthcare? Yes or No

Start the Conversation:

Do you have someone you trust to talk to on your desire to transition? Yes or No
 If yes, list 1 to 3 friends/family members you trust: _____

If no, find 1 to 3 openly transgender individuals to talk to online & message them.

After having each discussion, write down the questions they had and conduct research to find what you believe is the correct answer for you. Learn from each of your coming out moments. This will only benefit you in the long run.

Insurance:

Do you have insurance? Yes or No

If yes, call support number located on your insurance card and ask the following:

Does my plan cover therapy sessions? Yes or No

How many sessions are covered per year? _____

How much will it cost me per session? _____

Research & Call:

Search the web for at least 3 therapists and ask each the following applicable questions:

Are you accepting new patients? Yes or No

What availability do you have? _____

What is the intake process? _____

How long is each session? _____

Do you accept my insurance? _____

What's the cost with and without insurance? _____

Do you offer therapy for trans individuals? Yes or No

Can you recommend other trans medical professionals (like an endo)? Yes or No

Evaluate Your Therapist:

After 1-2 sessions, take the time to understand how you feel about the therapist you've selected. If you decide to see more than one use this point system to evaluate each individual.

	Never			Frequently
Shows Empathy	1	2	3	4 5
Active Listener	1	2	3	4 5
Commutative	1	2	3	4 5
Sets Boundaries	1	2	3	4 5
Keeps Conversation Going Across Multiple Meetings	1	2	3	4 5
Shows Critical Thinking Skills	1	2	3	4 5
Provides you with Validation	1	2	3	4 5
Good at Summarizing/Paraphrasing	1	2	3	4 5
Good Follow Through	1	2	3	4 5

If the first therapist you meet doesn't meet your expectations, consider going back to the research section and try someone else. After meeting a new therapist, redo this evaluation for both to help you determine your next move.

