

# *Therapy: Your First Visit*

## What to Expect: Helpful Tips

A while back someone asked me what to expect when he first went to see a therapist and asked if I had any tips to help him out. I feel these were two great questions and decided to add my tips that I sent to him to my site. Just recently, he wrote back to me saying he followed my advise, that I really helped him, and expressed how thankful he was. He is now on T and well on his way towards a very successful transition.

### **1: Just Be You!**

Trying to be someone you are not normally won't fool anyone. Eventually your true self will shine through and the therapist will see through the veil.

### **2: Try Not To Wear Anything Overtly Female.**

I am not saying that you would, but stay away frills specifically jewelry, too many rings, ear rings (though men wear them). It won't hurt to leave the glitter at home once every week. Once the effects of the hormones are fully in place or even sort of in place, you can wear lace, frills, dresses, or jewelry your mother wears and not get pegged as once female though you might be mistaken for a drag-queen, not that that is bad.

### **3: Don't Dress Uncomfortably or in a Way You Don't Usually.**

This means if you don't normally wear a tie, don't wear one, things of this nature. If you wear something that does not reflect you on a day to day basis, you will be uncomfortable and this discomfort could impede your ability to project yourself and listen well. This could easily distract you.

I don't recommend being a slob, by any means. Do take pride in how you look but don't go against the man you are daily; the man you are naturally.

#### **4: Don't Act**

This means don't be too deliberate in your body language or mannerisms.

Be the man you are naturally. Deliberate actions will send up red flags. This may show that you might be insecure and may show uncertainty even if that is not what you wish to convey.

Most of us have natural male mannerisms but some of us do not. More often MTF's need coaching on how to be a lady and take on a more feminine demeanor. That is because they were conditioned to be male or often macho for most of their lives. Breaking ingrained male mannerisms is often harder to shake. No offense to MTF's was meant.

Be friendly, easy going, yet firm and confident.

#### **5: Be Willing to Take Any Psychological Testing You Are Asked To and Do So With Pleasure.**

Don't question or fight the therapist, their decisions or professional requirements. These are part of the process, part of the game if you'd like to take it that far.

You may be asked to take just one test or a series of tests.

Attitude shows immaturity, nothing more.

These tests are usually personality tests & I.Q. tests. Some of these tests have deliberate lie questions.

The question may be asked several times but reworded to fool you. Answer honestly no matter how absurd the questions.

Example: (you may be asked this very famous question) Have you ever had thoughts that were disturbing or thoughts about hurting someone?

If you answer No, you are lying. We all have had times when we wished another ill, wished we could beat the snot out of someone, or wished them bad luck, maybe even death. That's just part of being human; being fallible. The key is that you don't act on these thoughts or impulses.

So, if you answer questions the way you think they'd prefer, you won't like the end result. This may delay things until they get to the real you.

#### **6: Don't Second-Guess That Something You Might Say or Share About Yourself or Your Past Will Influence Your Therapist Negatively or Keep You From Being Approved For Hormones.**

The chances are slim that past childhood trauma will affect your transition.

I experienced many negative things growing up--I also made sure I had overcome all these obstacles before I began my transition. I was wise enough even in my early careless years to recognize I was not yet ready and began later in my life; mid-30s.

Be honest; show you have moved past this, show you have maturity and self-worth.

### **7: If You Have a Hot Temper, You May Have to Have More Therapy.**

Many transmen wear their hot tempers like a badge of honor or they feel that because they have had it so rough they are entitled to be angry. This is a sure sign of an immature person who may not be ready for this very daunting task.

Everyone has had it rough but it's the guys who can control themselves that transition successfully.

If you have some anger issues he or she picks up on, work with the therapist, be an adult, not a child. Ask if there is anything the two of you can do to resolve any concerns he or she might have.

There is no use fighting them or quitting. Each time you fight what is requested of you, you delay your transition even further. Each time you throw a fit and quit something, you show more about yourself than you may wish to. And if you fight them on therapy to help with anger problems, you are simply reinforcing what they already know and proving you are not ready for hormones just yet.

Swallow your pride, turn down the heat, and relax. Honestly, showing you have a nasty temper and little self control is just going to hurt you and if you have not grown up enough to recognize when you are acting like an ass, you may not be ready for testosterone and will have a longer road ahead of you while you watch others move on without you.

### **8: Be Proactive Not Reactive.**

Be part of the solution not part of the problem. Be an active participant in your therapy, don't just sit there like a lump and expect everything to be handed to you. You will have to do some work and there's no use being a baby about it. Therapy won't be forever and you might be surprised how good it feels to discuss things with someone you have no emotional ties with. You don't necessarily have to talk about hormones or your transition all the time with them. There is no set protocol despite what you may have heard.

Just talking can be very therapeutic on many levels.