

# What is Gender Alienation?

1. The binary of euphoria and dysphoria.

2. Am I trans enough?

3. Pathology of gender dysphoria.

4. What's wrong with this model?

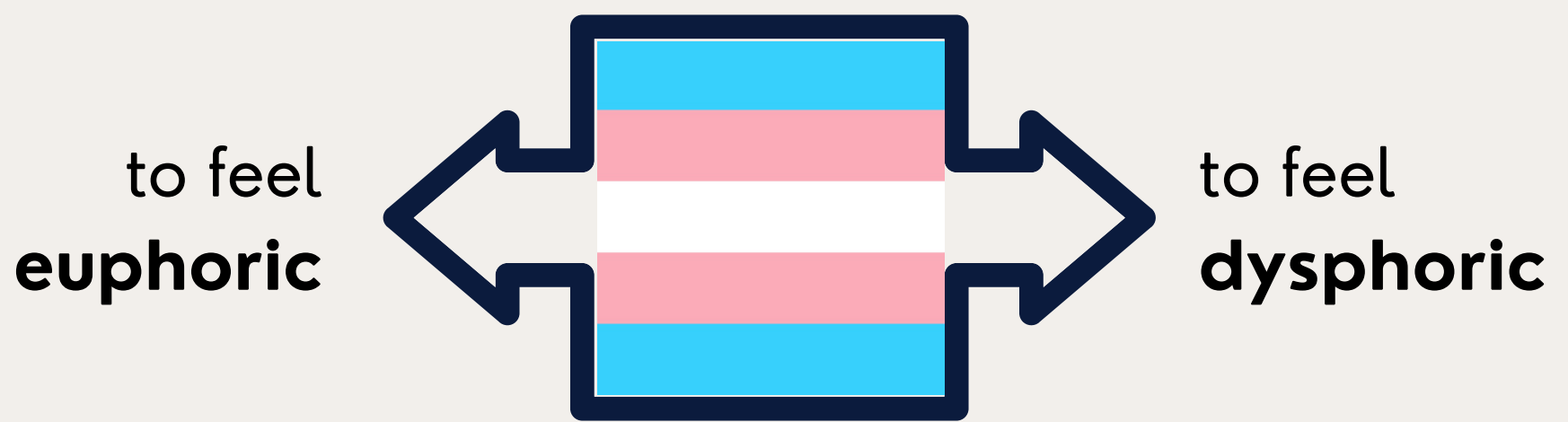
5. Intersecting Binaries.

6. Gender Alienation.

7. Dysphoria is a societal issue.

† As people living in a **gendered system**, we are given two options:

The binary of **euphoria** and **dysphoria**:



† Gender identity is a complex experience.

This doesn't mean that gender euphoria and gender dysphoria aren't **valid experiences**.



(But, there have to be more than two ways to **experience gender**.)

**Gender dysphoria** (as a pathology) implies that dysphoria is an **individual issue**.

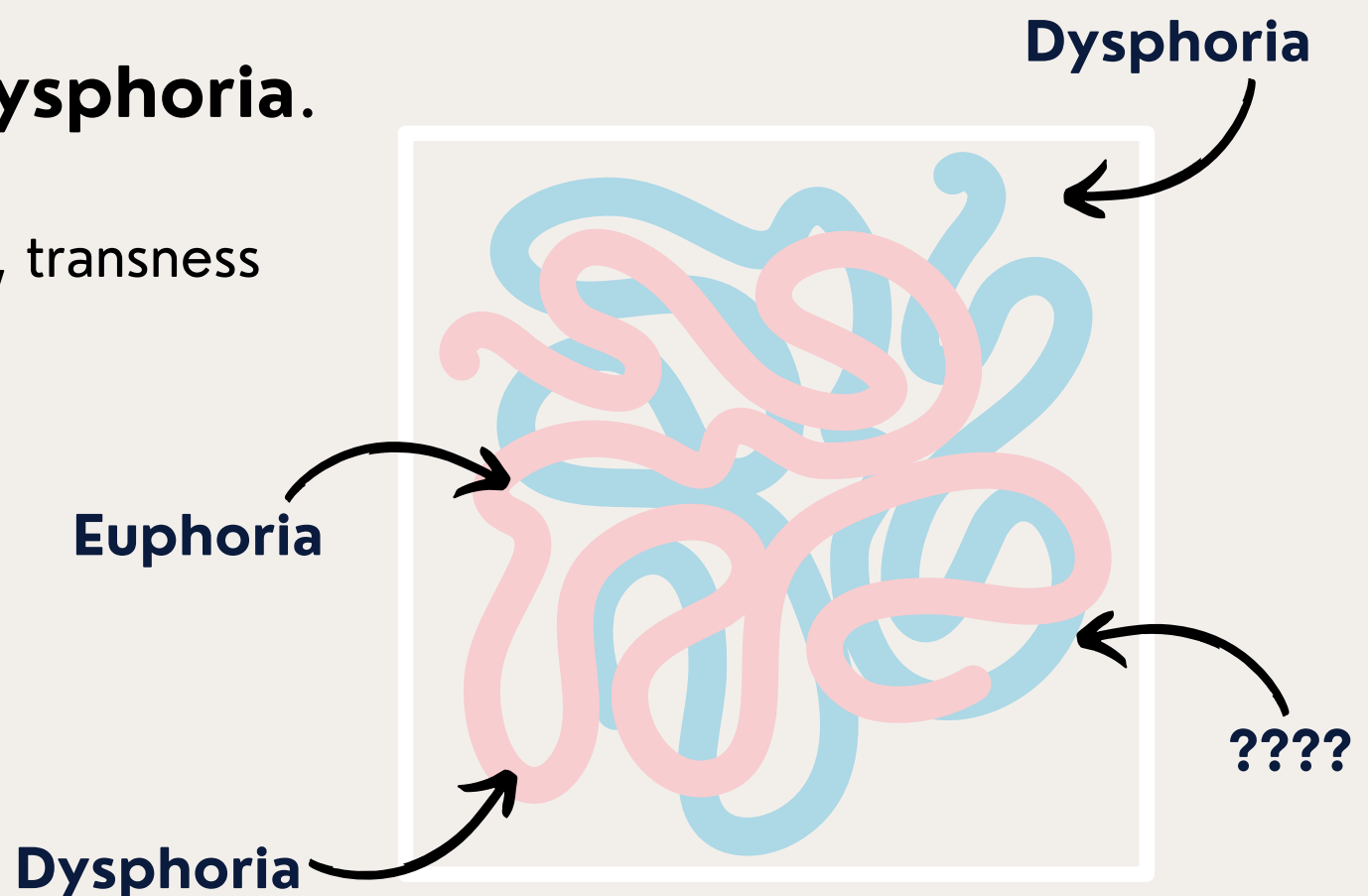
i.e. "You **are** dysphoric." or "You **have** dysphoria."

Gender dysphoria is often considered a medicalized condition that is framed as **solvable** and **linear**.

**But being trans isn't an issue to "solve."**

It's not all about **dysphoria**.

Like any other identity, transness is **complex** and **intersectional**.



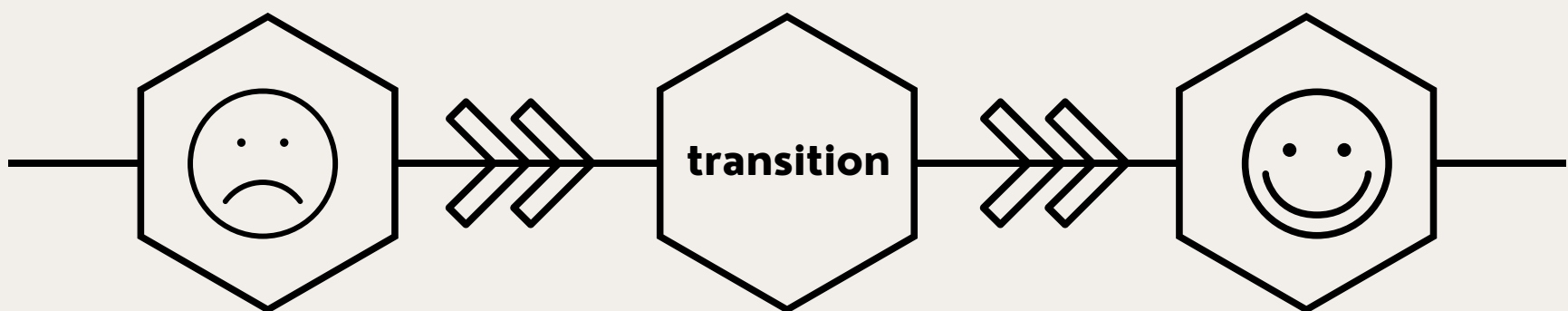
# Am I trans enough?

The experiences of trans people might not fall evenly between the **euphoria | dysphoria** binary.



This can lead to **self-invalidation** and the **fear** of not being "trans enough."

The narrative of transness that most of us are taught looks like: **dysphoria** → to → **euphoria**



But what happens when our **experiences of gender** don't look like this?

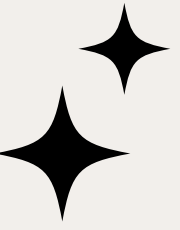


## What's wrong with this model?

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- It places the **burden** on the trans person.
  - i.e. "**You** are uncomfortable with **your** body."
- It **restricts** the process of validating trans experiences.
  - i.e. "You have to transition to be comfortable."
- It creates **limited criteria** of lived experiences for trans people to recognize and see themselves represented in.

There are **multiple binaries** at play that restrict the concept of what it means **to be a trans person**.



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—  
+ **gender binary**

(i.e. you are a man or a woman)

- But what about...?
  - "I don't feel like a man or a woman."
  - "Sometimes I feel feminine, but I don't feel a woman."

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—  
+ **euphoria / dysphoria binary**

(i.e. you either like or dislike your body)

- But what about...?
  - "I'm transitioning and I love my body."
  - "Some parts of my body make me uncomfortable, but not all of it."

What happens when you **don't** fall into either binary?



# Gender Alienation

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When you don't fall neatly into these binaries, you are **alienated** from the **system of gender**.

Dysphoria is the result of being **alienated** from our system of gender that is **rigid** and **inflexible** identities that are **vast**, **varying**, **fluid**, and **ongoing**.

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**a.li.en.a.tion** (noun)  
• "a condition in social relationships reflected by a **low degree of integration** or **common values** and a **high degree of distance** or **isolation** between individuals, or between an individual and a group of people in a community or work environment." (Ankony)

Dysphoria is not **trans people's** problem.

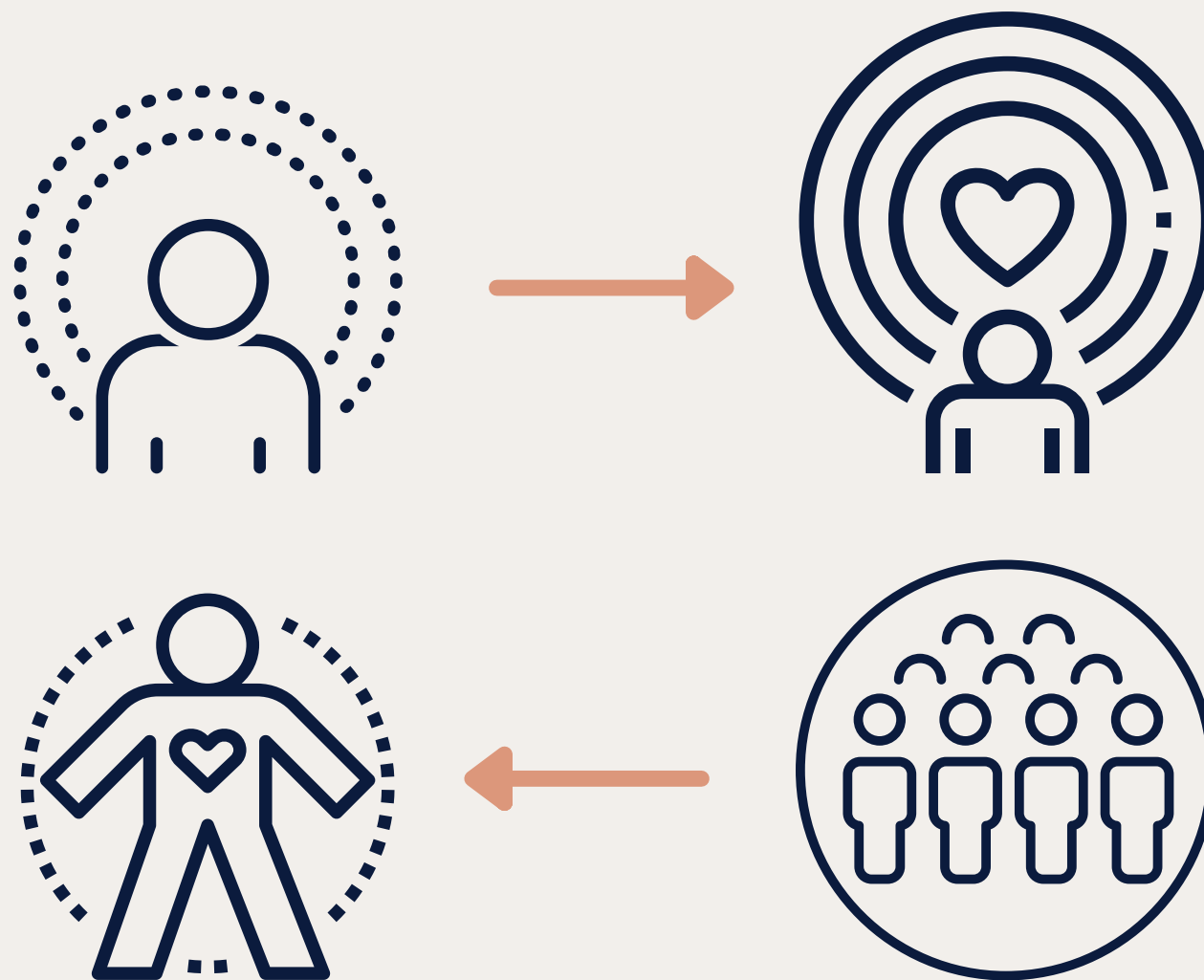
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It's a **societal** problem.

# Dysphoria is a societal issue.

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- » Transness is not entirely an issue of **being uncomfortable in one's body...**
- » It's an issue of oppressive gender binaries that **do not have space** for trans and non-binary bodies.



It's not that trans people don't love their own bodies.

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It's that our society has not learned how to **love** and **accept transness**.