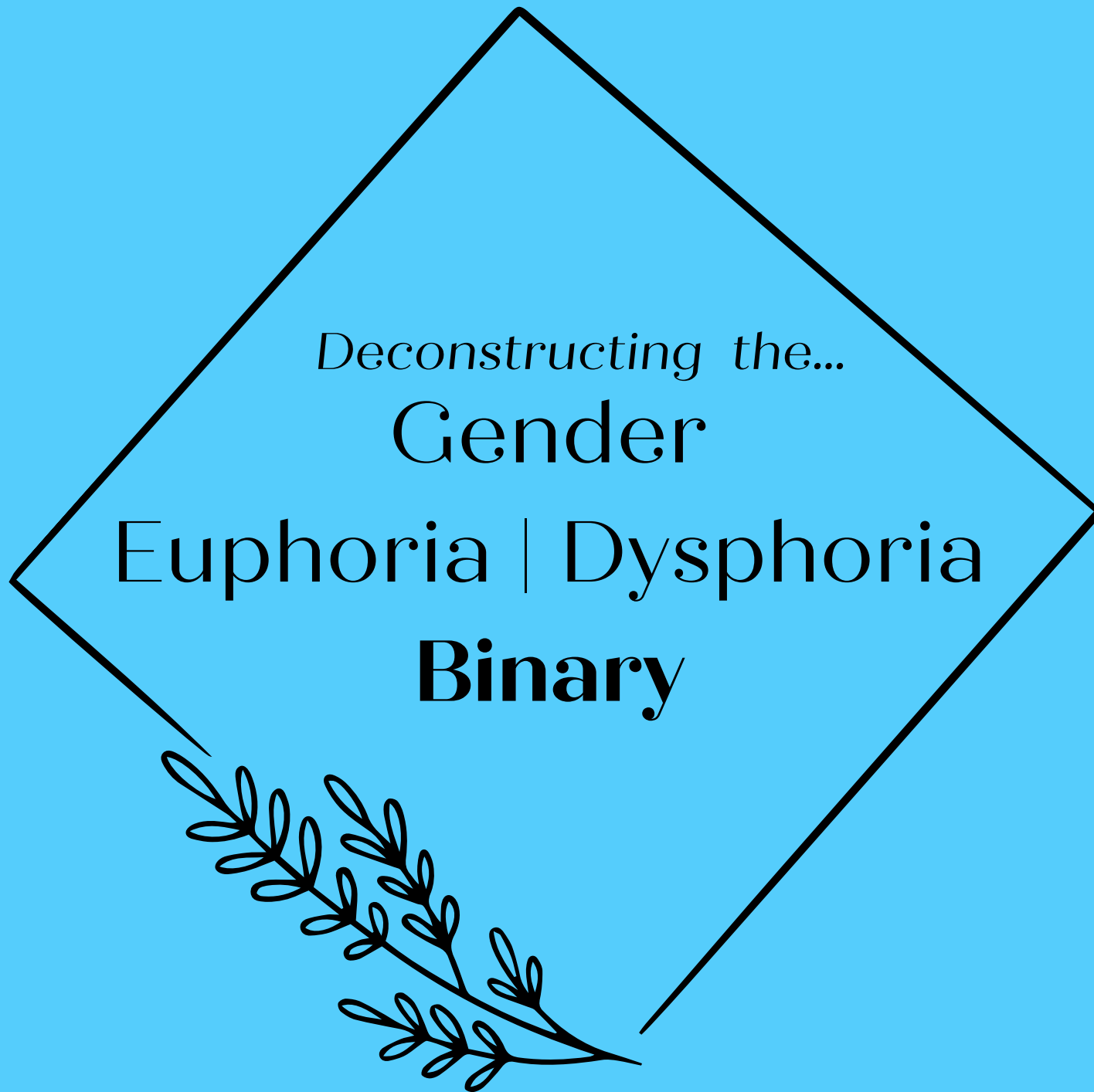


a queer sex ed community curriculum zine



A zine exploring the assumed binary of the transgender and /or gender nonconforming emotional experiences.

CW: discussions of medicalization, pathologization, transphobia, white supremacy, and mental health.

What is Gender Dysphoria and Gender Euphoria?

Gender Euphoria

A feeling of intense happiness and/or joy when your gender (whatever it may be) is being **affirmed**.

Gender Dysphoria

An experience of discomfort/distress that **can** occur when someone's gender identity differs from their sex assigned at birth or sex-related physical characteristics.

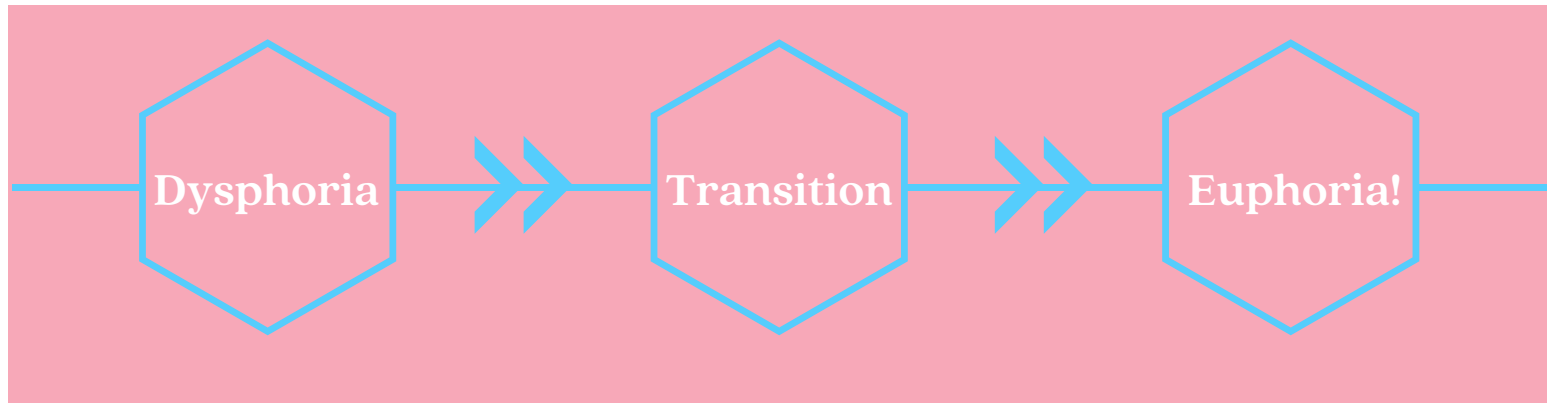
Both gender dysphoria and euphoria are **feelings**.

Dysphoria has been **medicalized** and **pathologized** and was defined as a mental disorder until 2013. This has contributed to a negative framing of transgender and/or nonbinary experience as a disorder, rather than a **personal, emotional, and physical experience**.

The Myth of Linear Experience



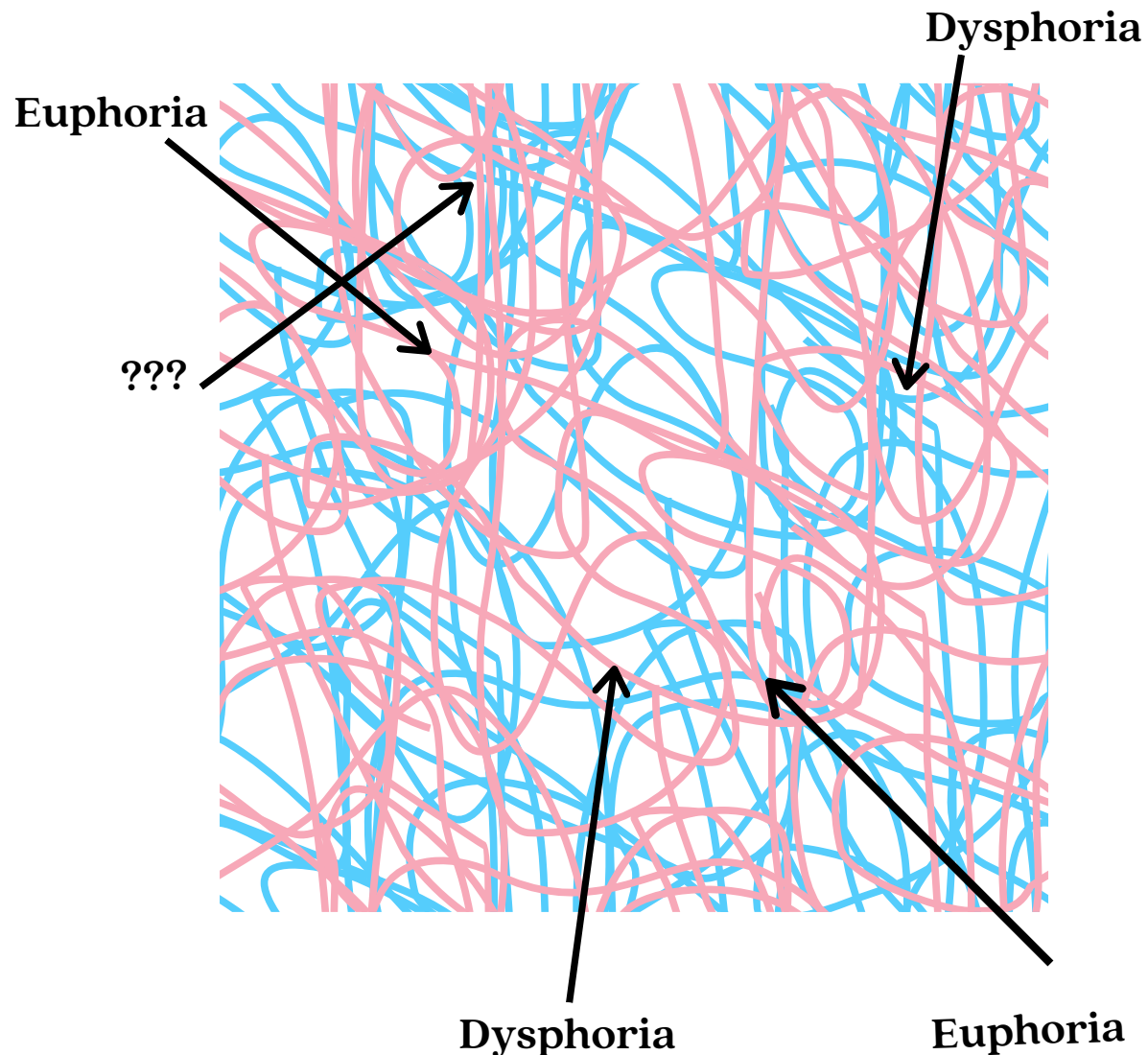
There is a **false** assumed binary that gender dysphoria and gender euphoria are separate and you go from one to the other through transition.



Like any other identity, being transgender and/or gender nonconforming is **complex and intersectional**.

Feelings of gender dysphoria and gender euphoria are **nonlinear, unique, and each has its own personal triggers**.

They can also both exist in the same timeframe!



Why can the focus on gender dysphoria be harmful?

The classification of gender dysphoria as a condition or disorder rather than an **experience** reinforces a **binary system of gender and sex** rooted in western medicalization and white supremacy.

The single-minded focus on dysphoria normalizes distress, defining pain and suffering to be integral to the transgender and/or nonbinary experience and stops us from asking:

Would gender dysphoria even exist without the gender binary and cisnormativity?

AND

What about being transgender and/or gender nonconforming is beautiful and euphoric?

What else is wrong with the dysphoria narrative?

By defining gender dysphoria as a personal condition, rather than the distress caused by a transphobic, binary culture, it **shifts blame** from the **society** to the **individual**.

- Gender dysphoria medically defines who is “legitimately trans” enough, subjecting transgender people to **medicalization** and **pathologizing** their unique experiences of gender as a **mental affliction**.
 - In some places, a diagnosis of gender dysphoria is required for gender-affirming procedures meaning **psychological distress** is a **prerequisite** for **medical gender affirmation**.

Because of the focus on dysphoria, many may assume that pain steers the experience of transgender and/or nonbinary folks.

Gender euphoria can also steer that experience!

Gender euphoria is an essential tool!

Gender euphoria comes from within. It is a “this feels like it is affirming me” moment and sparks joy, acceptance, and euphoria from outer stimuli. What affirms one person may not affirm someone else. Learn what sparks gender euphoria and do it!

Moments of gender euphoria are as unique as we all are!

Here are some examples of things that may spark this feeling:

- When someone uses your pronouns/chosen name.
- When certain clothes fit exactly how you want them to.
- An action, toy, or role in a sexual scenario that feels good, or "right."
- A medical transition such as hormone replacement therapy or surgeries (for those whom these procedures are affirming for).
- Being with a person or group who makes you feel good, comfortable, and respected in your identity.
- Being in a queer space, surrounded by a community you don't need to explain your identity to.



There is no single “trans experience,”

**We need to honor, discuss, and
celebrate transgender and gender-
nonconforming joy.**

**Uplift and advocate for folks to define
their own experience and support
them in affirmation.**

Fight the binary and celebrate euphoria!

Sources

- 10 Reasons to envy trans people-
<https://transmagazine.nl/gender-euphoria/>
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- Recommendations for Revision of the DSM Diagnosis of Gender Identity Disorder in Adults:
<https://www.tandfonline.com/doi/abs/10.1080/15532739.2010.509202>
- Sex, Gender and Culture: Issues in the Definition, Assessment and Treatment of Gender Identity Disorder <https://journals.sagepub.com/doi/10.1177/1359104502007003004>
- Gender Dysphoria vs Gender EUPHORIA, ft. Ash Hardell!!
- <https://www.youtube.com/watch?v=HnkrhYAkWPs>

