

TRANS DIMENSIONS – A QUESTIONNAIRE FOR SELF EXPLORATION

Introduction. Welcome to this questionnaire, which is intended to help you explore possible, dimensions of your gender and aspects of your sexuality. The survey is intended for people of any orientation or gender, not exclusively those who may suspect or identify as trans (both those assigned female and those assigned male at birth). It may reveal surprising insights that you want to discuss with others or explore further. Self-discretion is advised in how far you want to explore what may be revealed.

The questions aren't intended to be comprehensive nor produce conclusive answers. They were created by self-seekers within the trans community to help tease out clues to our sexual inclinations (subconscious drives, gender identity and what sexual attractions), not for any academic or diagnostic purpose. There are no right or wrong answers, and the questions shouldn't be seen as a way to test whether you have trans inclinations or not—merely to help with self-inquiry.

We will not provide you with any “correct” answers here. Determining someone's gender identity is not an exact science. Only you can conclude as far as your identity is concerned, and these questions are here to help you reflect on who you really are.

Rather than working through all questions at once, you may find it helpful to consider one or only a few questions at any one time, and be ready to add to or revise your responses if insights later emerge. You may find this happening if you try to search for questions within yourself (“digging deep”), rather than solely on the basis of thinking. One aim of the questions is to help you open up to what may be subconscious and not obvious to you. You may find that some of the questions are less relevant for you than others. You may wish to dive deeper with some, or explore any follow-up questions of your own that come to mind. You may want to see this as a contemplative, even soul-searching exercise, and not a tick box type survey that involves straight “yes” or “no” type answers. Use the questions in any way that are helpful for you.

Terms used.

Gender: The term “gender” is a complicated one. In this survey it will refer to “the socially constructed roles, behaviours, activities, and attributes that a given society considers appropriate for men and women”, rather than to “the state of being male or female.” Gender is not the same as what some refer to as “biological sex” (an equally ambiguous term, often referring to genitals, chromosomes or gonads). But keep in mind that for many trans and gender variant people “gender” cannot be reduced to its cultural social expressions alone (as, for instance, defined by clothes and mannerisms). There is something that drives them towards questioning their assigned gender, and that something cannot be reduced to cultural mores or conscious decisions alone. People do not normally “choose” to be trans. They discover that they are trans, and that something is also part of their gender identity.

Gender identity and gender expression are among the main dimensions explored by the survey; others being:

Sexual Orientation: “A pattern of emotional, romantic and/or sexual attractions to men, women, or both genders.” Additionally, some may identify as being *asexual*, having limited or no sexual attraction to others, or a weak or absent interest in or desire for any sexual activity.

Subconscious Sex: “An unconscious and inexplicable self-understanding regarding what sex one belongs to or should be.” *

Gender identity, expression, sexual orientation and subconscious sex are discrete dimensions, which may or may not have any bearing on each other; for example, someone's gender identity being unrelated to their sexual orientation. We use the term *sexuality* to refer to sexual feelings,

desires and attractions, these being distinguished from the meaning we attach to the word “gender.”

The survey also uses the terms “cis,” referring to a “man or woman who has a match between an his or her gender identity and the behaviour or role considered appropriate for his or her sex”; and “trans,” used as a general umbrella term to describe any of “a variety of individuals, behaviours, and groups involving tendencies to diverge from the normative gender roles or gender experience connected to their assigned gender,” which in this survey may include a desire to transition to or present through crossdressing and/or other means as a gender other than that assigned at birth.

Other definitions are described in the survey where needed to clarify meaning.

* Most definitions cited are taken from at the *Transgender, Nonbinary and Queer Glossary* at crossdreamers.com (you can find the dictionary at <https://tinyurl.com/mux89anm>, and a fuller version in Jack Molay’s book *A Creative Crossdreamer Vocabulary: Reflections on Transgender*). The definition of “subconscious sex” is cited from Julia Serano’s book *Whipping Girl*.

SEXUAL IDENTITY AND BODY SENSE

1. What, if anything, do the terms “maleness” and “femaleness” mean to you? If relevant, how do you distinguish these from “masculinity” and “femininity”?
2. How frequently, if ever, are you aware of another person’s expressed maleness/femaleness triggering a feeling of identification within you (i.e. having a silent recognition of something that you seem share in common with, or project onto, the other)? Similarly for another person’s expressed masculinity/femininity?
3. If relevant: in your attraction to women/men, or interest / curiosity in their appearance that you may project onto a woman/man, what bearing if any does your imagining that you could “be” her/him, or embody within yourself aspects of (a) dress and appearance and (b) a bodily sense of being her/him, or having what you perceive to be their embodied/sensual experience? (Note: this may include projecting onto someone of the same sex to that you were assigned at birth, such as in imagining yourself adopting the style of a fashion model).
4. Were you to take a course of hormone replacements, either with an intention of masculinizing your body or feminizing it, how do you image the physical and/or sensual effects of this treatment may make you feel? Enhance or otherwise your sense of self? If you have taken a course of hormone replacements, how *did* the physical and/or sensual effects make you feel?
5. What physical feature or features do you, or do you sense, you might want to change? To help consider this, you may like to imagine scanning each part of your body in turn, starting at the crown and working down to the feet. What feels “right”? What doesn’t?
6. To what extent does your brain expect your body to be formed according to the sex you were assigned at birth? How frequently are you aware of this (if relevant)?
7. Have you ever felt incomplete by not having either all or any of a woman’s or a man’s body parts, or not experiencing their biological drives?
8. Have you ever wanted to be relieved of the sexual organs you were born with? Felt disgust or distress with them? How predominating, and in what circumstances, are these urges if so?
9. If you can imagine yourself standing naked and feeling fully happy with and complete in your body, what physical attributes and genitalia do you imagine yourself having?
10. To what extent is your body sense driven by the shape of your body, i.e. your external form, rather than having inner organs such as a uterus or testes? To what extent do sensual feelings of rightness or pleasure play a part in the body you have or would like to have (e.g. awareness of having soft skin)?
11. Does a “transformation imperative” prominently feature in your sexual fantasies? If so, what do you believe drives this? Where may or may not this fit in with your orientation and interest or otherwise in interactions with men and women, whether sexual or otherwise? (The “transformation imperative” is a concept described by Felix Conrad in his book *Transgender: Fact or Fetish - Reality or Delusion*? It describes an urgent need to replace a male presentation with a female one (for one assigned male at birth), or vice versa for a person assigned female at birth).
12. If relevant: Do these fantasies always or normally involve changing sex *per se*, or are they more about looking convincing/attractive or presenting as a credible man/woman who can attract

others and pass well, but without a need for SRS or HRT, and without being butch/effeminate in your normal looks and behaviour in your presentation as [your gender assigned at birth]?

13. Do you, or have you ever, felt that you are a man trapped in a woman's body or a woman trapped in a man's body (or when younger, a boy trapped in a girl's body or a girl trapped in a boy's body)?

14. If your brain or your body had a switch that allowed you to become completely male or completely female, but the switch could only be used once, which setting would you choose? How sure could you be that you would make the right decision, at any time and in any circumstance?

15. How attached do you feel to the body you inhabit? How whole? How comfortable?

Questions for those assigned male at birth:

16. To what extent do you believe that having a curvaceous, womanly body would feel "right" as the frame you want to inhabit, as opposed to a rougher, more linear male frame?

17. Do you, or have you ever, yearned to experience a woman's monthly cycles and common biological urges? Have you ever desired to be pregnant or to mother a child? Have you ever craved having a womb? Having female genitalia?

18. Have you ever felt that you have the genesis of body parts that you desire but which aren't well formed, i.e. that they seem to be a part of your biology, if only in a limited way (e.g. "man breasts" or undeveloped breasts, areas of hairless skin)?

Questions for those assigned female at birth:

19. To what extent do you believe that having a linear, manly body would feel "right" as the frame you want to inhabit, as opposed to a curvaceous, female frame?

20. Do you, or have you ever, yearned to experience a man's biological urges, such as the ability to have erections and a sense of "having balls" (physically)? Have you ever craved having male genitalia?

21. Have you ever felt that you have the genesis of body parts that you desire but which aren't well formed, i.e. that they seem to be a part of your biology, if only in a limited way (e.g. areas of hairy skin, having a flat chest)?

GENDER IDENTITY AND EXPRESSION

22. When did you make the distinction between the gender role you are asked to play and your experienced gender or sex identity? Which came first?

23. To what extent have social gender expectations played a part in what you thought/think about yourself and how you've behaved/behave in social relationships with others? When did your attention to these first occur (and specifically, in relation to your first curiosity / desire to flex or change your sex, if relevant)? How did this change as you moved through life?

24. In what way, if at all, do you relate to the concept of being "gender fluid?"

25. How might you normally want to express yourself in everyday (a) dress, (b) behaviour if there were no social expectations, norms or constraints that might concern you?

26. If you go out or imagine yourself going out presenting as the sex other than that you were assigned at birth, and assuming you would meet no prejudice from others, how do you think you would feel presenting in this way? What would be most important in the experience for you (e.g. being unnoticed / acknowledged)?

27. To what extent do you believe the way you would feel most comfortable presenting to others (in terms of dress, hairstyles, etc.) is driven by the way others may or do acknowledge you as being either a male or female according to your presentation? According to how comfortable or fearful you are to be possibly judged as being non-conforming? According to any other reason?

Questions for those assigned male at birth:

28. How do you feel when you are addressed by (a) female pronouns and your femme name (if you have one), (b) male pronouns and your given name?

Questions for those assigned female at birth:

29. How do you feel when you are addressed by (a) male pronouns and your butch name (if you have one), (b) female pronouns and your given name? What specifically in you seems to be being addressed when such terms are used?

Questions for crossdreamers ("someone who, to a larger or smaller extent, is driven towards imagining and expressing themselves as another gender," including crossdressers and those who fantasise about or occasionally wish to crossdress, even if they don't practice this):

30. To what extent does dressing allow you to express aspects of yourself which otherwise would be suppressed?

31. To what extent do you become or identify with a butch/femme person than your more regular person?

32. If so: Do you see yourself as being male, female or something else when allowing this person to come to the fore?

33. To what extent does this expression feel authentically you, or playful/acting?

34. To what extent does giving expression to this person enable you to observe, experience, or have perspectives from the vantage point of the "opposite" sex, which you can drop into at will? How much of this person do you want to integrate into your everyday life?

SEXUAL ORIENTATION

Gender identity and sexual orientation are different things. Both trans and cis people can experience a wide variety of sexual attractions. However, your ideas about your own orientation may throw light upon how you, up till now, have seen yourself as a man, a woman or a nonbinary person.

35. Generally, do you think you would feel happier were you able to have sex as a woman or as a man, irrespective of whether or not the sex involves a person of the so-called “opposite” sex?
36. Are you, or have you ever, experienced reasonable periods when you've primarily been attracted to men, women, both, or neither?
37. How comfortable are you in your sexual function and sexuality as a man/woman? How comfortable were you during childhood? Adolescence? Early adulthood? Later (if relevant)?
38. How frequently, adequately and satisfyingly do you feel you experience what you believe are “normal” male/female sexual urges, such as a desire for sex, sexual fantasy, erections, periods?
39. How completely and satisfyingly do you feel you can/do embody your sexual nature in the body you inhabit?
40. If you are presenting as your assigned gender, and you have had an active sex life, do you try to play the role of your assigned gender in bed? How does that make you feel?
41. Have you been allowed to express your gender variance in bed? If so, how did that feel?
42. If you could imagine having any physical attributes that you wished and were standing naked in front of a sexual partner of any orientation, what aspects of your physicality would you most want your partner to notice and compliment?
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ROLES AND RELATIONSHIPS

43. If you were growing up in a stable family setting and could present as and be treated as your preferred gender, what relationships do you believe you would be most comfortable having with other family members (e.g. being a daughter or son)? How would this make you feel? Which roles would feel most comfortable to play in adult life in any partnership and family settings you may desire (if any); e.g. mother, father, boyfriend, girlfriend?
44. If you could or do go out, mix with others, and always be fully accepted as a man, would you generally prefer this over presenting as a woman? Similarly, if you could or do present as a woman? Why might you feel more comfortable in being accepted this way? In what circumstances do you prefer presenting as one or the other, or as gender non-conforming (if relevant)?
45. To what extent have you ever felt over extended periods, more drawn to “traditional” female roles, activities, and interests, exhibited supposed female mannerisms/traits, or demonstrated supposed female mental or skill strengths more prominently than male ones? Similarly, to what extent have you ever felt, over extended periods, more drawn to those typically viewed as male ones? (For example, as a child, being more drawn to girls 'or boys' toys, showing high levels of empathy, struggling with maths?). Note: any of these on its own shouldn't indicate a tendency one way or the other toward female or male subconscious sex, but a general tendency toward a number of these may do.
46. What interests, expressions, behaviours or other associations that are commonly described as being masculine attract you, believing that if you embrace them, they will make you feel happy? Similarly, what interests, expressions, behaviours or other associations that are commonly described as being feminine attract you? Do these extend to *anything* that's commonly

associated as being feminine (masculine)? Are there some things that you would not feel comfortable embracing (e.g. “ultra-feminine” or “alpha male” expressions)?

47. How do you feel you can relate, or want to relate, to archetypal life stages in girlhood and womanhood, such as maiden, mother, crone? How do you feel you can relate, or want to relate, to archetypal life stages in boyhood and manhood, such as king, warrior, magician, lover. (Note: these are examples of common archetypes attributed respectively to women and men, although there are others. See for example, <https://shorturl.at/iHCZk> and <https://shorturl.at/sAmGk>).

SENSE OF SELF

48. What part does a desire to be regarded as being beautiful play when you present as a woman (if relevant)? As a man (if relevant)? To be praised? To be acknowledged? To wow others? To feel beautiful, colourful or alive? To be treated gently? To some other perceived privilege that might be offered to women or men in general, or more readily to a younger woman/man or an attractive woman/man (even if naively believing that these things invariably attract to presenting as the sex or gender different to that assigned at birth, and ignoring possible negative attention that you might attract)?

49. How "at home" are you with the way you speak - tone, pitch, feminine or masculine sounding?

50. How "at home" are you with your deportment - natural movement in walking, gestures, body language?

51. Have you ever had a sense of dissonance about your gender or sex, i.e. that you feel a lack of harmony between the sex you were assigned at birth or the gender role you believe others expect to play and/or present as, and how you perceive your sex or the gender presentation / role you want to play? If so, when did you first have a sense of dissonance that caused you marked distress and/or confusion (if relevant)?
