



What is the 'Real Life Test' for?

Q. *What is the 'Real Life Test'?*

A. This is the real life experience which will enable you to confirm for yourself and others that you are going to be able to live your life the way that you feel you must. The Real Life Test is the time allocated to enable you to live your life in your true gender. In this time you will be expected to become familiar with the every day issues that you will be experiencing.

Q. *How do I begin?*

A. The first step is in understanding who you are, realising that it is OK to be 'me'. Post puberty acceptance is hard, however it is very necessary. You need to know who you are before you can be the person you were born to be.

Q. *Why must I do it?*

A. The 'Real Life Test' is the way you learn to be the real you. During this time you will have to unlearn a lot of the reactions and responses that you have spent your life, up

until now, learning to survive in the role that your body has dictated you are. Now you have to re-learn those life skills in the Gender that you really are. These new life skills are in themselves a daunting process, but a process that is very necessary if you are to transition successfully.

Q. *How long will it take?*

A. It will take as long as you need; the 'Real Life Test' is an individual process to give you the time you will need to make the transition successfully.

Q. *Where can I find help?*

A. Firstly you are not alone. There are other people like you who have Gender Dysphoria. That is to say, other people who are Transsexual. You can contact Chrysalis. Once you have made contact they will introduce you to your nearest or most appropriate Meeting Centre where you will meet other people going through similar experiences.

CHRYSalIS
Now has
MEETING CENTRES
in the
Southampton, Portsmouth
and
New Forest areas
which are open
on the First and Third
FRIDAYS
of each month

A small charge will be made.

There is also a Support Group
on the second Tuesday of each month

For more information
Telephone:
02380 397900 (Office)
Or e-mail info@chrysalis-gii.co.uk
or through our Website at
www.chrysalis-gii.co.uk