



*WHO AM I?*

Who am I?  
Strange to ask of one so young,  
To say my life has just begun  
Is a lie.  
Who am I?

- Q. *How do I know who I am? My parents gave me a name, everyone calls me by that name, but I have never been that person. I have always been ME, but who is 'me'?*
- A. The need to know who we are is driven by a society that needs to put everyone in a 'pigeon hole'. However each one of us has to take our own journey, which is in itself a voyage of discovery.
- Q. *What if I said 'out loud' that although I have a boy's name and everyone thinks I am a boy, I know that I am a girl. How can I tell you my name when I don't know who I am?*
- A. It sounds as if you know who you are not. You are saying that you are not the person everyone else thinks you are but at the same time you are not sure how to put into words

who you are. Only you know who you are and what form your journey should take. Explore your inner self for feelings, what makes you feel complete? When you have an idea of who you are, when you can believe yourself, then you are ready to talk to someone.

Q. *How can I say it 'out loud' and who can I say it to?*

A. This particular voyage of discovery may be very hard to start. Before you begin to make any changes you should be sure that you can no longer live your life in the body that you were born with. Once you are sure that you are trapped in a body that does not belong to you, that's the time for you to start to be the real you. Then you are ready to seek help.

If you contact Chrysalis you can talk to a Counsellor and a Gender Advisor in complete confidence. With their support you should be enabled to decide for yourself who you are.

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  
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or through our Website at

[www.chrysalis-gii.co.uk](http://www.chrysalis-gii.co.uk)