In this essay I will write about trans issues, well one of them anyway. This issue, an injustice to me, is if the mental health deside you don't have gender dysphoria then to them, the unit admin. to all them you are not trans and you can not trans. Nothing is available.

For me, I've always been feminine, but it seems the older I get the more woman I feel, like I have grown into a woman. I feel. I feel constricted, like I'm in a straight jacket. I'm struggling to free myself of this straight jacket, my male exterior. But I can't I don't feel comfortable expressing my flamboyant femme due to the prejudices faced by trans. But if I was allowed to grow my breasts and have my hair removed then I could remove the straight jacket, I could blossom into the beautiful woman I have grown

I spoke to mental health a few times, and guy yells at me telling me I'm not a woman, the other guy simply says "my professional opinion is you don't have gender dysphoria." I have no recourse. I wrote requests, and I continue to write requests every week. And I have wrote a couple grievances. What am I to do? The administation would prefer I not be labeled trans, as that's one less thing. How can this guy I barely spoke to contradict how I feel? I feel like girly girl, yet he says I don't have gender dysphoria. How does his "opinion" everride how I feel and what I know about me? Total

The only cases I've read where people won their right to trans involved self mutilation. Those people removed their own testicles. I don't have the stomach for that. I don't know what to do.

I'm asking anyone, everyone for help on this issue. I'm looking for information on estrogen pills (HRT), which pills do what and side effects, etc. I'm also asking people to call Wendy Kelley, the director of ADC at 870-267-6999, tell her I want to trans, and ask her why they won't let me, or e-mail her

at adc. arkansas, gov. My address is Happy StompingBear 651503, Po Box
1630, Malvern AR 72104. Keep in mind prison restricts personal mail to
three pages, front & back = 2 pages. But mail from organizations, bussinesses
etc are not restricted, a nice name on the envelope can go far.
Thank you all for reading my essay, allowing me to express myself, it
always feels good to let it out, as here I an constantly restricted by this
Straight jacket. Rainbow love. #FREEHAPPY
THEEHAITY
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