

Social Justice Watch 1230

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Shel (Disambiguation)
@workingdog_

...

This is a wonderful thread. I remember my ex-boyfriend having this whole introspective gender journey and then concluding that he did like being a man, but now was approaching that with the same sort of intent and thoughtfulness trans people use, and it made him a lot happier



Heather ♀ Flowers
@HTHRFLWRS

...

Replies to [@nonarylame](#) and
[@xoxogossipgita](#)

Cis people: I want you to take half an hour and think about your gender. Really think about it, hard. Not because you're possibly trans (though maybe you are, idk), but because it'll lead you to better understand a part of yourself that society lets you leave unexamined



Heather ♀ Flowers
@HTHRFLWRS

...

Replies to [@HTHRFLWRS](#) [@nonarylame](#)
[and @xoxogossipgita](#)

Some questions to ponder:

- * What do I enjoy about being my gender?
- * Why do I identify with my gender?
- * What gendered expectations do I put on myself? Do I enjoy those expectations? Why or why not?
- * What gendered expectations do I put on others? Why?



Heather ♀ Flowers

@HTHRFLWRS

...

Replying to [@HTHRFLWRS](#) [@nonarylame](#) and [@xoxogossipgita](#)

- * How do societal pressures affect my gender presentation?
- * In what ways could I better feed my gender? What small things could I do in order to make it happy?
- * How do I visualize gender as a concept? What does my gender, in specific, look like?



Heather ♦ Flowers
@HTHRFLWRS

...

Replying to [@HTHRFLWRS](#) [@nonarylame](#)
[and @xoxogossipgita](#)

The goal of this exercise isn't to trigger some grand revelation, just to get you thinking about something you may not think about much.

Get to know yourself a little better. You deserve it.



Heather ♀ Flowers
@HTHRFLWRS

...

Replies to [@HTHRFLWRS](#) [@nonarylame](#) and [@xoxogossipgita](#)

(Disclaimer: if it does trigger a grand revelation of some sort, that's okay. I recommend talking it through with a friend you trust, and my DMs are always open if you have questions about gender shit)



SpoonHead
@SpoonofHead

...

Replies to [@HTHRFLWRS](#) [@nonarylame](#) and [@xoxogossipgita](#)

What If my answer to most of those was "nothing"?



Heather ♀ Flowers
@HTHRFLWRS

...

Replying to @SpoonofHead

you may just not have a gender!
what that specifically means to
you and what you do with that
information is your decision, but i
might recommend looking into
the agender community to see if
your experience matches



Shel (Disambiguation)
@workingdog_

...

Another series of questions I'll tack onto HTHR's list is a thought exercise i used to give to questioning people at the trans youth group I ran

Go through the following series of questions replacing _____ with each common gender term



Shel (Disambiguation)
@workingdog_

...

1. Am I a _____(man/woman/non-binary/agender/dog/etc.)?

If no:

2. what about you makes you not

a _____

3. Is it really true that not any
_____ share those traits as
well?

[part 1] <https://www.facebook.com/MilestheBi/posts/2839230733002354>

[comment] My personal journey lead to a lot of questions like this.

That's why, if you ask, I define my gender as a nonbinary woman, rather than simply one or another.

Gender is layered and complex, personal and explorative.
Explore yours regardless of if you are cis or not. Become familiar with who you are on a deeper level.



Shel (Disambiguation)
@workingdog_

...

If, to question 1, you get Yes!
then, well, done I guess

If you get "I Guess?" or "Yes?"
then ask yourself

2. Why am I a _____?
3. Is it really true, that being
those things necessarily make
you a _____?
4. Is it true that everyone who
has those qualities is a _____?



Shel (Disambiguation)
@workingdog_

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(usually the final answer for "no" is "because I don't want to be a woman" or "That identity doesn't feel right to me" or "I want to be something else")



Shel (Disambiguation)
@workingdog_

...

Repeat these for each thing, even if you feel confident about one of them already, just as a fun thought exercise. It's not that there's a Correct Identity these questions will Logically Unearth but rather that the point of this is to shake you from internalized assumptions



Shel (Disambiguation)
@workingdog_

...

It makes you confront that
there's no particular reason you
Have To Be any gender in
particular except whichever one
will make you happiest, that you
want to present as, and gets you
to consider what that might be.



Shel (Disambiguation)
@workingdog_

...

I love all of heather's questions
from the thread I QRT'd too.

I think the big question to me is
just, regardless of anything else,
is the point is to be happier, so,
just experiment and see what
makes you happier, worry about
labels later



Shel (Disambiguation)

@workingdog_

...

for my aforementioned ex-boyfriend, he did all sorts of contemplative exercises, thought about what way of being made him happiest, and concluded all of those traits, to him, comfortably aligned with what it means to be a man sans toxic masculinity. so he chose to be a man



Shel (Disambiguation)
@workingdog_

...

he also started thinking more about like, what kind of man he wanted to be, started to look to other queer men who were less gender conforming for inspiration, took better care of his hair and changed how he presented. it was like he was slowly transitioning from man to man



Shel (Disambiguation)
@workingdog_

...

It was super interesting to watch as the Trans Partner, seeing essentially a cis person go through the same journey of becoming happier with himself and discovering gender euphoria.... from the gender he happened to be assigned at birth! it was neat!



Shel (Disambiguation)
@workingdog_

...

So you know, cis people, think
about your gender!!!!!! It'll make
you happier!!



Susan (screaming at the ali... ...
@mis_cue

Replies to @workingdog

I'm a cishet person who does this once or twice a year, just to check in with myself. I love it bc it helps me clearly understand what makes me happy about me and what I need to tweak to achieve it. And it really helps me think broadly and empathetically about others!

[part 2] <https://www.facebook.com/MilestheBi/posts/2839230733002354>

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