

# CHRONONORMATIVITY

## Exercises

---

### THE RIGHT TIME

What ideas do you have about the “right time” to have done some thing or not done something by? All around us there are messages about normality and time. This might be as small as what time of the day its usual to eat breakfast or as big as what period in our life we are supposed to have achieved independence by or established a career by. Lots of ideas about how we should use our time and what we should have achieved by certain period of our life become internalised, and we use them to evaluate if we a successful enough, normal enough, valuable enough.

We absorb ideas about time and being trans too. What ideas do you have about “the right time” to socially and/or medically transition? Do you have ideas about it being too late or too early to do certain things? How did you get these ideas? How is time becoming a policing factor in the decisions you make and conclusions you draw about what’s possible for you? Trans people have an inherent way of messing with time..... **trans years, two puberties - multiplicity of dates in the recording of a trans life.**

Trans people can worry that they have wasted time..... **too old to transition, why didn't I do it sooner, how could things have been different if.....**

Draw a timeline of your coming to know yourself as trans or gender questioning. At what points do you feel that you were somehow out of sync? You are invited to recalibrate your time story. Look across your timeline for periods where you spent your time wisely by:

- dreaming and imaging your gender changes and possibilities (perhaps you are doing this currently)
- Researching and learning different gendered possibilities
- Preparing and readying for what was yet to come
- Gathering and waiting for what could be
- Experimenting and testing out different possibilities for who you could become
- Waiting and extending patience
- Enjoying life on a different track

What’s it like to know that your time was always productively pointing to where you are now?

No one feels that they managed time exactly right, and yet here you are - right on time.