

# DOING, BEING, BECOMING

## Exercises

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### VENN DIAGRAM

Draw three big over lapping circles

Circle one - DOING List, write or draw all the ways that you are doing your transness.. how are you turning who you are into actions? What behaviours show your particular way of doing trans? How do other people help you to do your transness?

Circle two - BEING List, write or draw all the ways that you are being trans right now... how are you inhabiting your trans identity? How do you show the world you are trans?

Circle three - BECOMING List, write or draw all the ways that you are becoming trans... what still feels in motion for you? What unfurling's are you part way through? What feels uncertain and unsure? Do you wonder what areas of your life might change again or be different somehow in the future?

Think about where these answers overlap and what might even be possible in the middle space.

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### SIGNING IT OFF

It can be frustrating and overwhelming to wait for official documentation to reflect the changes you are making or want to make. There is so much joy in creating your own documents of identity and achievement. You might make documents to honour your being trans or celebrate trans things you have done. These documents can serve to counter the ones you have that don't fit with who you see yourself to be. Here you are invited to create and sign off on your own documents of identity and achievement so that you can welcome the transformations and award the successes that they represent.

For documents of identity, you might use the following sentence beginnings, or you can make up your own.

I Hear by Declare....

From this moment onwards...

It shall be so that....

Don't forget to sign and date the document and then keep it somewhere safe. You might like to share it with trusted ones, put it on display or keep it somewhere private. It's totally up to you. What's important is that you allow the document to signify the transformation you desire.

You can award yourself certificates or make them for friends and family. You might like to recognize learning, victories, successes, or small gains.

For example, you might make certificates to recognise in yourself or others the ways in which you have stood up to transphobia, resisted cisnormativity, or embraced your gender euphoria.

You might make a certificate to commemorate steps you took in your transition.

# CERTIFICATE OF AWESOMENESS

Awarded to

\_\_\_\_\_

For Standing up for what is right by

\_\_\_\_\_

who would like others to know they are

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Signed \_\_\_\_\_ Dated \_\_\_\_\_

