

GENDER EUPHORIA

Exercises

KEEP A GENDER EUPHORIA DIARY

Like a gratitude diary, which research suggests can change our brains and outlook.

It might look something like noting down what happened.

What are the where, what and how's of a moment of gender euphoria you experienced?

Who was there, what was the environment like, how did the space contribute to your feelings?

Noting down how you felt, this might be about your mood or feelings, a particular sensation or way your body felt or didn't feel?

It might be useful to check out a feelings and sensations chart so you can expand the language of your euphoria.

Starting with how things feel in the body can be a great way to build awareness of our feelings and get better at mapping our joys and happiness.

QUESTIONS TO PONDER

What would need to change to make a space gender euphoric? We could think about practicalities - pronoun badges for example.

What about how we feel? How can we find what feels good?