

# RESILIENCE

**TransResilience** is a set of practices and tools that can allow you to...

**RESPECT YOUR OWN AND OTHERS' GENDER JOURNEYS:** Each journey is different, and even your own might take you to places you didn't expect. Allow it to unfold naturally in yourself and others.

**EXPERIENCE YOUR EMOTIONS AS THEY COME:** Emotions can be powerful, but what matters most is what we do with them. If we fully allow ourselves to experience them, in our bodies, instead of pushing them away, or obsessing about them, it will make a big difference in how we act.

**STAND IN YOUR OWN SELF-WORTH:** We are all worthy of love. You can learn to stand in your own self-worth, knowing that no matter what, you are worthy.

**INVESTIGATE YOUR FEELINGS AND WHAT'S BEHIND THEM:** If we can embrace and understand our feelings, we will feel better, and are better able to communicate and act skillfully.

**LEARN TO LOVE YOURSELF:** Cultivating self-love and self-compassion is a critical element of resilience. Those take daily practice, noticing our negative self-talk, and the ways we put ourselves down. We need to learn loving, gentle ways to approach ourselves.

**INHABIT YOUR IDENTITY:** You are your wonderful, unique self. You can learn to live fully and completely in your gender, and love yourself in the process.

**EXPLORE THE SENSATIONS OF YOUR BODY:** For trans people, our bodies have often been a focus of discontent. We need to take time to learn how to explore our bodies in conscious ways. Embodiment can bring joy.

**NOTICE CHANGES IN YOUR EXPERIENCE:** Transitioning and living in our true selves is a lifelong process. And as this process happens, things in our experience will change. Awareness of these changes allows us to live into this process more fully.

**COMMUNICATE SKILLFULLY:** We can learn to speak to our loved ones, friends, and family in ways that are clear about our needs, and ways that they are more likely to hear.

**ENJOY YOUR LIFE:** as only as you can live it!