

KATHERINE REILLY

The Road to
Femininity
A New Life for a New Woman




Ακακία

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*This book is dedicated to a very special person
in my life, who has stood by my side and supported me.*

*Thank you darling
for being patient with me on my journey.*

I love you.

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Introduction:

About the Author

Katherine is many things. A teacher, a humanitarian, an author, but most importantly... a woman. Born in Chicago and having lived in Greece for the past few decades, she has always known who she was truly meant to be. As a transgender woman, she faces discrimination in a society which still cannot accept people for who they are.

Why you should read this book

In this book, Katherine will share some of her personal experience as a transgender woman, hoping that her mistakes will help other transitioning women avoid similar ones.

Before continuing, it must be noted that we should never be ashamed of who we are. We have the right to live our lives the way we want to. The author wishes to prevent others from going through the same physical and mental torment she has been subjected to during her own transition.

Having said this, the author hopes you'll find this book useful, and most importantly, remember... you are not alone!

Chapter 1

Who am I? Or rather... What am I?

Who am I? I am who I want to be! Being happy with yourself is of the utmost importance. Everyone knows the saying “Life is too short!” Unfortunately, this is all too true. Hiding our true self will only bring us pain, heartache, depression and unfortunately in many cases, agitation. As our life moves forward and we grow older, another feeling prevails...regret.

For those of you who have finally made the decision to accept your true nature, you’ve embarked on a difficult but relieving path. A path with many obstacles, which once surpassed will lead you to true happiness.

As for the question, “*what* am I?”, there are many terms. Some of these terms are respectful, yet others are most insulting. “Transgender” or “crossdresser”, are only some of the terms used to describe girls like us.

Using labels to describe a person is something I am totally against. However, we must be informed of these specific terms that are used in society today. Let’s get into detail...

Transgender man/woman

A person can identify himself or herself as a gender different than the one he or she was assigned as at birth. Performing SRS (Sexual Reassignment Surgery), to physically match his or her gender as the one he or she identifies as, is not essential. However, SRS allows the individual to sexually identify as the gender he or she chooses to be.

More specifically:

A transgender woman was born male.

A transgender man was born female.

Crossdresser

Crossdressers are people who “dress” as the opposite sex. Though they admire the gender they are imitating, they accept the gender they were assigned at birth. Crossdressers have practiced this as a form of art through the years.

Drag Queens

Drag Queens as they are known practice crossdressing as a specific performance art, adopting exaggerated femininity in their makeup and wardrobe.

Disrespectful Terminology

The past few decades, various terms have been used to “categorize” us. Unfortunately, a majority of these terms are both insulting and degrading, often associating the

transgender community with the pornography industry.

Some of these disrespectful characterizations include:

Tranny, lady boy, she male, t-girl, to name a few. It must be noted that due to the discrimination transgenders face when job hunting, many girls resort to prostitution as a means of survival.

Besides the racist stance society exhibits towards transgenders, the most ironic of all is that if transgenders were treated equally, a country or state would benefit from their being employed. A working transgender can pay taxes, consume and become an active member of society, contributing to its development.

Alas, while some countries are more accepting than others, discrimination is still prevalent in society today; discrimination that goes well beyond gender, color or even race.

Chapter 2

Feelings, Depression, Seeing a Specialist

Imagine waking up every day, only to stare at yourself in the mirror, wondering who the person is you are looking at. Is he a stranger? What do you feel like, when staring at that reflection? Are you depressed? Angry maybe?

If you've had or still have those feelings, then you know exactly what I'm talking about.

What we are feeling is called **Gender Dysphoria** or **Gender identity disorder(GID)**. It is the formal diagnosis used by psychologists and physicians to describe people who experience significant dysphoria (distress) with the sex and gender they were assigned at birth.

Our brain, or to be more specific, our heart and soul know who we are. No one else can dictate that for us. However, when living in today's society, you pretty well know that we are "outcasts"; prisoners in our own bodies.

Keeping our true selves locked up inside leads to a variety of emotions which are too much for any person to handle.

Feelings of depression, anxiety, frustration, anger and insecurity become dominant in our everyday existence.

Most transgenders (myself included) suffer or have suffered from panic attacks or manic depression, which can even lead to physical illnesses.

Perhaps the most important step in order to face this horrible ordeal is to seek the assistance of a specialist. Psychiatrists/Psychologists who are specialized in the field of Gender Identity Disorder can help us sort out all these feelings which have overwhelmed us our whole lives.

The most important thing of all is to be honest and not be ashamed. THIS IS WHO WE ARE. We are not committing a crime for being “different” in society’s eyes. Open your heart to the person you have chosen to help you.

I remember how confused and desperate I used to be. After a lot of crying and guidance, I realized I shouldn’t be ashamed. This is MY LIFE and no one should say otherwise.

Nevertheless, the emotional mess I found myself in needed medication. Depression is an illness and requires it just like any illness does.

The worst mistake I made though was not faithfully adhering to my meds. No one wants to be on medication. Feelings of **humiliation** and **incompetency** for not being “strong” prevail. This is a serious issue that should not be taken lightly. Millions of people around the world suffer from depression and they don’t accept it.

The same applies to transgenders. The amount of pressure we endure on a daily basis is too much for any person to handle. What makes matters worse is the pressure exerted on us by our family who can't or won't accept us for who we are, adding fuel to the fire so to speak.

Others, having made the first step, decline to take their medication however and are back to square one. On a personal note, my parents assumed that it would be wise to stop my medication since they said I will become addicted and that the only thing doctors do is pump us with meds.

What we fail to realize is that medication is in most cases only temporary. If I had listened to my doctor's orders, I would have overcome many of my personal issues much sooner.

Taking everything into account, my advice is as follows...

- **Seek the guidance of a specialist;** your feelings and emotional state require an expert to help you out
- **Adhere to any medication your doctor might prescribe you;** In most cases this is only temporary and will help you cope with the difficulties of transitioning

About Katherine Reilly



Katherine Reilly was born in Chicago, Illinois. She has studied English Literature and teaches at a school in Athens, Greece. Her passion is teaching and writing. She is an active contributor to humanitarian efforts.

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The Road to becoming a Woman has never been easy. Even though society has changed over the years, humanity still has a long way to go... Some countries are more accepting, while others are not. This book highlights most of my experience as a transitioning woman living in Greece. A country that does not legally accept transgenders or support LGBT rights for that matter. My advice will help you avoid a lot of mistakes I've made in the past and hopefully have an easier time becoming who you are with less heartache. Being who you are is difficult but not impossible. Just stay true to yourself and remember... This is YOUR LIFE!