

# Understanding Gender Euphoria

*a worksheet for everyone*

*This worksheet is for anyone who wants to better understand gender euphoria, trans/nonbinary people, and how they express and experience their own gender.*

## GENDER IDENTITY

Gender identity (or “gender”) is one’s internal understanding as male, female, a blend of both, or neither.

*Consider your own gender. Do you identify as male? Female? Something else?*

*Think of a childhood memory of doing something stereotypically male or female (whether it matched your gender or not). How did others react? How did you feel?*

## GENDER EXPRESSION

Gender expression is how a person expresses gender through dress, body language, and more.

*List a few ways that you enjoy expressing your gender such as*

- *clothes and hairstyles,*
- *your mannerisms, or*
- *other aspects of who you are.*

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## GENDER EUPHORIA

Gender euphoria is the joy, elation, relief, or comfort when a person's gender feels affirmed by themselves or by others. Here's how a few trans/nonbinary people described gender euphoria:

*"I feel like others see the real me"*

*"it's like a fog lifts."*

*"feeling warm fuzzies all over"*

Oftentimes, trans/nonbinary people experience gender euphoria when getting correctly gendered by a stranger, joy at seeing their reflection in a mirror, or comfort in being in a same-gender space.

Gender euphoria is most often discussed by trans/nonbinary people, but anyone can experience it. In fact, you've probably felt gender euphoria but didn't know it at the time!

*Looking at the list you created...*

*Think about a time you embodied a few of those characteristics and felt like yourself.*

*What happened? How did you feel?*

*- or -*

*If you can't think of a specific moment like this, write about what could make you feel this way and what it might be like.*

This experience may have been gender euphoria! Because many trans/nonbinary people experience gender *dysphoria* (a discomfort associated with the mismatch between a person's assigned sex at birth and their gender identity), they are more likely to notice their own gender euphoria than others.

*Consider what you can do to explore your own gender euphoria. Here are some ideas:*

- *trying a new nickname for your coffee order,*
- *playing a different gender character in a game*
- *trying out new hair styles*

