

The Myth of Trans Regrets

Based on a 2011 study of 448 individuals performed by Gender Advocacy Training & Education

Myth: A number of transgender people are beginning to admit that choosing to transition ruined their lives.



94% of trans people reported an improvement in their quality of life due to transitioning



96% answered that their sense of wellbeing improved

Myth: Transitioning will make a person bitter and depressed.



9 out of 10

responded that their overall personality improved due to transition

85%

described their emotional stability as "improved" (11% reported no change)



Myth: Transgender people don't really want to change their body, they just get pressured into it.

Transition Satisfaction Rates



Close, Colin, Affirming Gender, Affirming Lives: A Report of the 2011 Transition Survey. Santa Rosa, CA: GATE, 2012.

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Trans Student Educational Resources