

Support Groups

- **Families of Gender Identity Disorder** (<http://groups.yahoo.com/group/familiesofgenderidentitydisorder/>)

This support group is for any family member who has been affected by a loved one's gender identity disorder (wife, parent, sibling, nephew, niece, grandparent, or friend).

- **Lead on Lord** (http://groups.yahoo.com/group/LeadOn_Lord/)
Christian women who have been affected negatively by their husbands' or ex-husbands' cross-dressing or "gender confusion." Wives and ex-wives have the opportunity to connect with those who know where they are coming from. This is a place to receive and give support in a safe environment.

- **Lifeline for Mom** (<http://groups.yahoo.com/group/lifelineformom/>)
This support group is made up of mothers who have a son or daughter who believes they were born with the wrong God-given gender. This is a place where mothers connect with other mothers who understand what they are going through and how they feel. This is a place to receive and offer personal support in a safe environment.

- **Resistance is Not Futile** (<http://ca.groups.yahoo.com/group/ResistancelNotFutile>) This group is a safe place for persons who struggle with transgender desires. Our purpose is to share our stories, our struggles and our prayers and find peace from the storms we face. The title: Resistance Is Not Futile is written to encourage us to not give up, but to reach for the potential the Lord Jesus Christ has for us all.

- **Beyond Gender Identity Disorder**

This support group is Christ centered environment and a safe place for people who cross dress or/and have Gender Identity issues. We may share our stories/struggles and be there for each other through both the difficult and the victorious days.

Contact help4families2004@yahoo.com to join this group.



What Happened to Daddy?



Help for Families of People with Gender-identity Issues

By: Denise Shick

Family in Crisis

Families that have been impacted by cross-dressing or gender identity disorder find their world filled with spiritual and personal confusion, pain, and grief - grief that can become unmanageable. Their loved one wants to become or has become a different person - emotionally and in some cases physically. The person they knew is gone, replaced by someone else. Some have described the pain of losing a loved one to a gender disorder as similar to experiencing a loss of a family member.



When one man utterly exchanges his identity - when *he becomes she* - his wife loses her friend and lover. His parents lose the child they have known and nurtured. His children lose their role model and anchor, and they feel confused and unloved. Without loving, Godly intervention a family can be devastated by one man's choice.

- *I pray every day for my brother. I feel like I am slowly dying. I don't show it from the outside, but my inside is hurting. His decision has changed our entire family. Many people don't understand why we feel the way we do. I suppose you have to go through this yourself to have a truly good understanding of the pain inflicted on each person.*
- *I learned at the age of eighteen that my dad cross dressed. My mom wanted me to know the truth. I am now in my twenties, and I'm glad she didn't tell me sooner. My dad is going to have surgery that will make him a woman. I believe he'll feel temporarily relief, but I fear he'll find that his pain still exists.*
- *Cross-dressing is like betrayal. The husband might as well have had an affair with a real woman, rather than an elusive one. I'm fighting an invisible woman. This addiction tears the family up with wrenching pain.*
- *When I learned that my dad was a cross dresser I tried desperately not to be like him. Unfortunately my own actions took me into unhealthy relationships and my own sexual addictions. I never realized how much our addictions can control our life.*
- *My son felt I rejected him; he wondered if I would love more if he were more like his sister. The damage that has been done was undetectable until recently. Rejection by the very man who is supposed to "lift" you up is very devastating to boy or young man.*

RESOURCES

- **HELP4FAMILIES**

www.help4families.com Denise Shick – Director

Our goal is to demonstrate God's grace and love through the difficulties that gender identity disorder brings to families. Help4Families is designed to provide encouragement, loving support, and an open-handed approach to restoration.
Phone: (814) 598-4952 or email at help4families2004@yahoo.com

- **New Hope Outreach**

www.newhopeoutreachtoronto.org Danny Blackwell - Director

Our goal is to demonstrate and to communicate Jesus' love and transforming message in the transgendered and same-sex attracted communities, so that people will seek a relationship with the Lord Jesus.

- **Parents and Friends of Ex-Gays (PFOX)**

<http://pfox.org/> Regina Griggs – Director

PFOX is not a therapeutic or counseling organization. PFOX supports families, advocates for the ex-gay community, and educates the public on sexual orientation.

- **Parakaleo Ministry**

www.parakaleo.co.uk Keith Tiller - Director

E contact: parakaleo@btinternet.com

Phone: Mobile: 07748662435 (United Kingdom)

- **CrossOver Ministries**

Giving Hope Serving and Equipping the Body of Christ

<http://www.crossover-inc.org/>

Phone: (859) 608-7176 or email info@crossover-inc.org

- **Contact Person - Rev. Grace Harley**

Phone: (800) 670-WORD

http://www.graceharley.com/more_information.htm

- **Books:** *Flight Toward Women* by Jerry Leach

My Daddy's Secret by Denise Shick and Jerry Gramckow

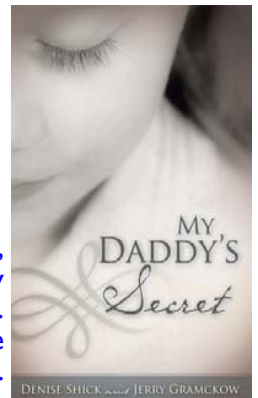
Flight Towards Woman available through Help 4 Families

Wives' Perspectives available through Help 4 Families

Trading My Sorrow by Walt Heyer

My Daddy's Secret is available online at [Xulon Books](http://XulonBooks.com), [Amazon](http://Amazon.com), Parable.com, [Christian Book.com](http://ChristianBook.com), and many more sites (including the [Help4Families](http://Help4Families.com) Web site).

Flight Towards Woman and *Wives' Perspectives* are available through Help 4 Families Ministry.



Attempts to Cope

Often believing their loved one's strange, new behaviors will last only a short time - that it's all just a phase - family members make excuses for his choices and behaviors in vain attempts to lessen the pain - for him and them. But before long, family members hide their true feelings in order to keep peace. Their attention becomes focused on their loved one's needs rather than the family's needs. Meanwhile, pain, anger, and fear of rejection take over and creates a brooding presence in the household.

Family members suffer silently due to the pain they may feel and their uncertainty about whom they can trust. They know mistrust can lead to judgments by others, and possibly to gossip. All of these fears can lead to negative consequences in their life and their loved one's life. So, many family members stay inside their own "shells," with their hearts aching and souls crying.



We all Need Help

"Trust in the LORD with all your heart and lean not on your own understanding"
(Proverbs 3:5).

Life is a challenge for everyone. But we don't overcome challenges by giving up and giving in. God desires for everyone to have His healing in their life. God wants everyone to come to Him and seek His guidance. Everyone needs the heavenly Father—and we all need other people!

You are not Alone!

- *"I used to think I was the only wife whose husband wanted to be a woman. This has destroyed our marriage."*
- *"My child was born a male and now wants us to accept him as our daughter."*
- *"My dad cross dresses. Who can I trust with my feelings?"*
- *"My daughter needs prayer. I never thought this would hit my home."*
- *"My brother wants to be my sister. I am concerned about his well being emotionally and spiritually."*
- *"I needed my dad and had to look elsewhere for the role model of a father."*
- *"My sister wants to become my brother, how do I get through this?"*

Definitions

Gender Identity Disorder: Gender Identity Disorder (GID) describes those who have strong and persistent cross gender identification. If this occurs, it usually starts in early childhood development. For example a boy may state he wants to be a girl and/or will dress up in stereotypical girl's clothes. Those with GID often fantasize about being the opposite sex. An adult with GID state a strong and persistent desire to be of the other sex, frequently passes as the other sex, and/or desires to live, or be treated as the other sex.

Cross-Dresser/Transvestite: Is a heterosexual identified person who has recurrent an intense sexual arousing fantasies and sexual urges or behaviors involving cross-dressing. He or she feel badly about himself or herself in some basic and rudimentary way, finding his or her main solace by briefly escaping into attire and activities that define the opposite sex.

Transsexual: Is a term that describes an adult man or women who has GID and wants to live and be treated as the other sex. They usually seek physical alterations in order to do so through chemical and/or surgical interventions.

Drag Queen: One who dresses and emulates women in order to get men's attention. These men don't desire a sex change.

SRS/GRS: Sexual reassignment surgery/gender reassignment surgery is the act of having surgery to change one's sexual identity. SRS can be considered after psychological assessment, medical as well as other assessments and requires living in the chosen sex role full time for up to two years. (Different countries have various other qualifications.)

Same-Sex Attraction: An attraction to a member of the same gender in an erotic, physical and emotional way. The person is trying to connect with a member of the same sex in order to feel complete and fulfilled.

Some of the feelings and issues families face when a loved one is caught up in a gender identity disorder

- **Abandonment:** Choosing to leave a person one is bound to by a special relationship, such as a spouse, parent, or child
- **Anger:** A strong emotion; a feeling oriented toward a real or supposed grievance
- **Anxiety:** A state of apprehension and tension occurring in some forms of mental disorder
- **Denial:** Refusal to admit the truth of a statement or situation
- **Depression:** Feelings of extreme sadness, guilt, helplessness and hopelessness can arise
- **Detachment:** The act of disconnecting or separating yourself from others
- **Guilt:** Self-reproach for supposed inadequacy or wrongdoing
- **Isolation:** Setting oneself apart from others

Some possible causes



As the family learns, about their loved one's Gender Identity Disorder it becomes important to them to learn more about his or her family dynamics and background in order to help bring an understanding of what may have been the root(s) that have brought on same sex-attraction, cross-dressing or desire for sex-reverse surgery. Though it is very difficult to face the answers, doing so will bring about

an understanding of how this challenge came to be in their lives.

- Does not (or did not) feel accepted or loved by the opposite-sex parent
- Feels (or felt) he or she would be more accepted by their parent if he or she were the opposite sex
- Feels (or felt) no inherent personal value in their gender
- Has a need for approval of the same-sex peers
- May have experienced physical and/or emotional abuse
- Feels (or felt) weak as a person in their God-given gender
- Feels (or felt) unloved or/and inadequate

You are not alone!

- *My husband became addicted to cross dressing, and, one day at a time, we've worked very hard on his healing and mine. Our God is in the business of miracles, and I've not only survived, but I have grown tremendously as a result of learning to take my sorrows to God and to trust in him to bring me to the other side of the valley. It hasn't been easy, but with grace, forgiveness, humility, brokenness, and determination to start each day anew by leaving the past behind, my husband and I have earnestly put God first in our lives. We are still together, and our marriage is becoming stronger each day.*
- *I could not understand why I hated to being a man, but I was ready and able to lead the life of a woman. But as time went on I found my "dream life" did not succeed in bringing me the wholeness I sought after. For those who may struggle with their gender, know that our Heavenly Father wants to bring you through "real" healing. It will not be easy, but it is possible.*
- *My dad divorced my mom years ago. I'll never forget his letter explaining that he was going to live as "Bethany." I never thought I'd get past my emotional pains. I had to reach out for personal support through close friends and my church. After I'd prayed a few years, my dad called. He wanted to share with me that he was coming back to be my dad again. I was amazed but thrilled at the healing that had taken place in his life.*
- *I wanted to become a man, so I did. The young lady disappeared and a man stood in the shadow. I found other things in my shadow. A darkness had been present the whole time, but I had not realized that there was "stuff" in my shadow. It was time to deal with that dark shadow, and the "stuff." I've worked on the real pain, not my perceived pain. God is healing me one day at a time.*

Society distorts masculine and feminine roles to the point that some men feel they are not "strong" in their masculinity, and some women feel that if they lack "nurturing" tendencies it must be related to their sexual or gender identity. There is nothing wrong with a man who doesn't fit into the expected social roles, or one who is not the "macho football player" type. Actually, most men are not football players types. Men come in many different sizes, interests, and personalities. Some are artistic or musically inclined. These types of roles or interests do not have to diminish their innate masculinity. At the same time, some women find working on cars or hunting enjoyable. Such interests don't diminish a woman's innate nurturing, caring, and feminine capacities.

When someone struggles with his or her own God-given gender an internal war takes place. A person who rejects his or her own gender is in a precarious place, for the intensity of those feelings increase are hard to overcome. Their ultimate self-view is often the product of input from others significant in their life, such as peers and role models. Other times the intensity of one's gender struggle may emerge during a very difficult time in life when stress is high, or when trauma takes place.

People often experiment with cross dressing because they believe it will help medicate the pain of not feeling sufficient in their God-assigned gender. They experiment with thoughts and behaviors of the opposite sex, believing that they are in control of the experimental bouts and with crossing gender lines. The end result, however, is a gradual, steady emotional dependence on the excitement and pleasure that it seemingly brings. Contrary to this belief, cross dressing often gradually take charge of them.



A person who does not feel accepted by his or her opposite-sex parent usually has a negative outcome. Most often a boy's search for his own manhood is squelched by the careless criticism, harsh and negative tones, and offensive demeanor of the male parent or caregiver. The boy will typically begin to observe and fantasize about "how good girls have it," for they do not have to prove anything except that they are pretty. They are "Dad's favorite." Many attest to their reality this way: "Daddy probably would love me and enjoy being with me if I were like my sister Suzie," or "Why does Daddy always let the girls sit on his lap, while he will not hold me like that?"

A child who has experienced harsh and relentless negative criticisms regarding his or her gender roles can, and often do, feel a sense of self-loathing. Physical sexual or emotional abuse will most assuredly leave deep emotional scars. Inordinate crossing of gender-specific clothing and behaviors is just one attempt to cope with the internalized pain of feeling so "different." A child who feels unloved or inadequate often opts for the perceived "exciting life of the opposite gender."