

## Excerpt from “Heart of Transgenderism.”

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### Cognitive

*Thinking | Knowing | Believing | Reasoning | Remembering*

1. Internally about self
  - a. convinced that they are a person of the opposite sex
  - b. there something different about themselves that they can't explain
  - c. not always sure of what is going on. It isn't some sort of plan that they are working
  - d. repulsion at body
  - e. they see their body as something that is against them
  - f. they view this as something that must be handled
  - g. ask regularly if there is a solution to this
  - h. they think they have the wrong body type
  - i. they don't view this as a small issue
  
2. Externally about others
  - a. no one understands
  - b. embattled (the world is against me)
  - c. people, family, society don't care for me if I don't get them to accept me
  - d. is someone going to hurt me
  
3. View of God and the Church
  - a. God made a mistake (wrong body/gender)
  - b. Christians and God don't care about me
  - c. Scripture doesn't have answers to help
  - d. Scripture doesn't speak to my experience, per se
  - e. Others have used Scripture in a “negative way” in the past

### Affective

*Desiring | Valuing | Feeling | Emoting*

- a. be true to yourself
- b. to be happy
- c. to be “them” and be safe
- d. to be a person of the opposite sex
- e. to be treated with respect
- f. to be “normal “
- g. to be who they are. What is right is what feels authentic
- h. to be accepted

- i. “damaged goods”
- j. don’t feel comfortable in her body. “My body feels alien to me”
- k. confused
- l. repulsed at body: they see their body or something they are not happy with
- m. desperate
- n. trapped
- o. fearful
- p. depressed
- q. lonely
- r. fear of losing job
- s. fear of losing relationships
- t. hard to transition to a new community
- u. social exclusion
- v. low self-esteem

## Volitional

Willing | Deciding | Intending | Committing | Acting

- a. work hard to hide primary and secondary sex characteristics
- b. seek to have sex characteristics changed
- c. dress and act like members of the other sex
- d. pressured to keep quiet about their experiences
- e. required to conform to the standards that they don't want to
- f. pressure to conform to what the world is saying
- g. won’t draw near to people, lack of relationships
- h. bullied, persons may have picked on them for a number reasons
- i. seek to stand up for self since others do not; very independent or assertive
- j. try to get their bodies aligned with their internal gender