

My Body & Gender Timeline



Body Image Concerns

- When do you first remember feeling self-conscious about a body part?
- When do you first remember comparing your body to other people's bodies?
- What kinds of pressures have you felt about weight, shape, muscles, height, skin, or facial features?
- Are there any comments from other people about your appearance that have stuck with you?
- Have there been periods of intense checking, hiding, avoiding, or trying to change your appearance?

Gender-Related Experiences

- When do you first remember gender feeling "off", confusing, or different for you?
- What early memories do you have of clothing, roles, toys, or names that felt right or wrong?
- Were there puberty milestones that felt dysphoric or affirming for you?
- When did you first experience gender euphoria, if you have?
- Have you explored pronouns, gender expression, or gender identity? What was that like for you?
- Have there been any coming out, social transition, or medical transition milestones that feel important to you?

Life Events, Social Context, & Stress

- Have you experienced bullying, exclusion, discrimination, or safety threats?
- What messages did you receive from family about bodies, gender, or beauty?
- Have cultural or religious expectations shaped how you think about your body or gender?
- Have there been moves, school changes, or relationship changes that affected you?
- Have you experienced trauma, illness, or other major stressors that influenced how you feel about your body or gender?
- Who has been supportive to you, such as relationships, mentors, or communities?

Protective or Affirming Moments

- When have you felt proud or at home in your body?
- Which friendships or relationships have helped you feel seen?
- Are there hobbies, sport, or creative outlets that help you feel more connected to yourself?
- Have activism, queer spaces, trans community, or affirming clinicians been sources of support for you?

Reflection Questions

Patterns Over Time

- What changes or spikes in body-image concerns happened around puberty, trauma, or major life transitions?
- When did gender feelings (dysphoria or euphoria) intensify or become clearer?
- Do any body concerns appear before gender distress, or only after puberty or social events?

Differentiating Themes

- Which concerns seem based on gender recognition (being seen as your gender)?
- Which concerns feel more like perceived flaws or perfectionism (BDD-like themes)?
- Which belong mostly to safety, shame, or minority stress?

External vs Internal Drivers

- How did other people's responses, comments, or assumptions affect your timeline?
- What aspects came from within you, regardless of others?

Growth & Resilience

- Are there moments where you coped better than you expected?
- What helped you feel more aligned, affirmed, or at ease?
- What internal strengths appear across the timeline?