

TRANSITION

In general, **transition** refers to the variety of changes a person may pursue in order to express their gender.

For some trans individuals, pursuing some form of transition is essential to their overall health and well-being. For other trans individuals, transitioning may be less of a priority, unnecessary, unwanted, or simply inaccessible for a variety of reasons. There is no standard checklist or schedule for any of the transition processes. Transition processes are often gradual, non-linear, and complicated. Each person has different needs, and each transition is unique.

Reasons for transitioning vary from person to person and may include wanting to:

Alleviate gender dysphoria (varying degrees of discomfort and/or distress that trans people experience when they are not perceived as their true gender).



Experience gender euphoria (an internal sense of joy when someone experiences affirmation in their true gender).



Avoid being misgendered.



Lower risk of transphobic discrimination and violence.



Increase ease of accessing social acceptance.



See our other **Explainers** for more information about the different types of transition.