

Gender Dysphoria

Gender dysphoria is one of the main topics that comes up in blogs and video blogs by trans* (and inter*) people. This term can be interpreted in several ways. It is the current 'medical diagnosis' that trans* people are given (according to DSM 5) in order to gain access to medical transition such as hormone replacement therapy and surgeries, which replaced DSM 4's Gender Identity Disorder.

Connected to this usage, but slightly different is the way in which trans* people use to describe the sense of discomfort they feel associated with many aspects of being trans*. For some it describes the sensation and experience of being perceived as the gender they do not want to be perceived as such as the use of the wrong gendered pronouns or forms of address and reactions in public toilets.

This may be described as social dysphoria, where the discomfort comes from being wrongly perceived, from the sense that they may be wrongly perceived or not fitting in with their idea of how they should embody their gender identity.

Again slightly different but related to this notion is the concept of body dysphoria, which many trans people feel.

I specifically want to focus on gender dysphoria, which is experienced by non-binary trans* and inter* people who often experience gender dysphoria in a different way to binary trans* people. I look at examples of vlogs and blogs by non-binary trans* people, which deal with gender dysphoria and look at how one can look at these using affect theory.