

Transmaxxing

There are many potential benefits from transitioning from male to female

0. sexual excitement from having a feminine body.
1. the superiority of female aesthetics.
2. access to the transbian dating pool.
3. full body orgasms.
4. multiple orgasms from penile stimulation.
5. you will feel emotions stronger and be happier on estrogen.
6. your breasts will become sensitive.
7. being able to attract cis lesbians (if you become attractive enough).
8. being able to attract high-quality males for sex.
9. softer skin and less/no acne.
10. being able to extract resources from males.
11. you will no longer be driven to do dangerous and idiotic things due to testosterone
12. stop and reverse hair loss.
13. people will treat you better if they think you are female.
14. females are less likely to become victims of crime.
15. access to female spaces (males are disgusting).
16. cheaper car insurance.

How medical transition affects mating options

Since females have the upper hand on the dating market transitioning from male to female will usually improve your options when it comes to getting sex. In addition the sex you enjoy as a female will be of higher quality. The opposite is true for females transitioning to male.

Your sexuality may switch on hormone replacement therapy [73](#) if your sexuality stays the same you always have the option of dating trans girls, there are also plenty of cis girls willing to date trans girls.

Becoming MtF transsexual is a way better option than being involuntarily celibate as a male, if you do not have [autogynephilia](#) as an incel you can try to induce it. You can watch porn and imagine yourself as the female, there is also female POV porn you can try.

step0: watch Yamada-kun to 7-nin no Majo.

step1: watch Tatsuwan birdy decode.

step2: watch Kashimashi girl meets girl.

step3: watch Kämpfer.

step4: Watch some episodes of ranma 1/2 and cheeky angel.

step5: If you still dont feel like becoming a girl watch tsf monogatari and residence.

step6: As a last resort you can try sissy hypno porn <https://www.reddit.com/r/sissyhypno/wiki/index>

step7: Go to a gender clinic if you need an official diagnosis at some point.

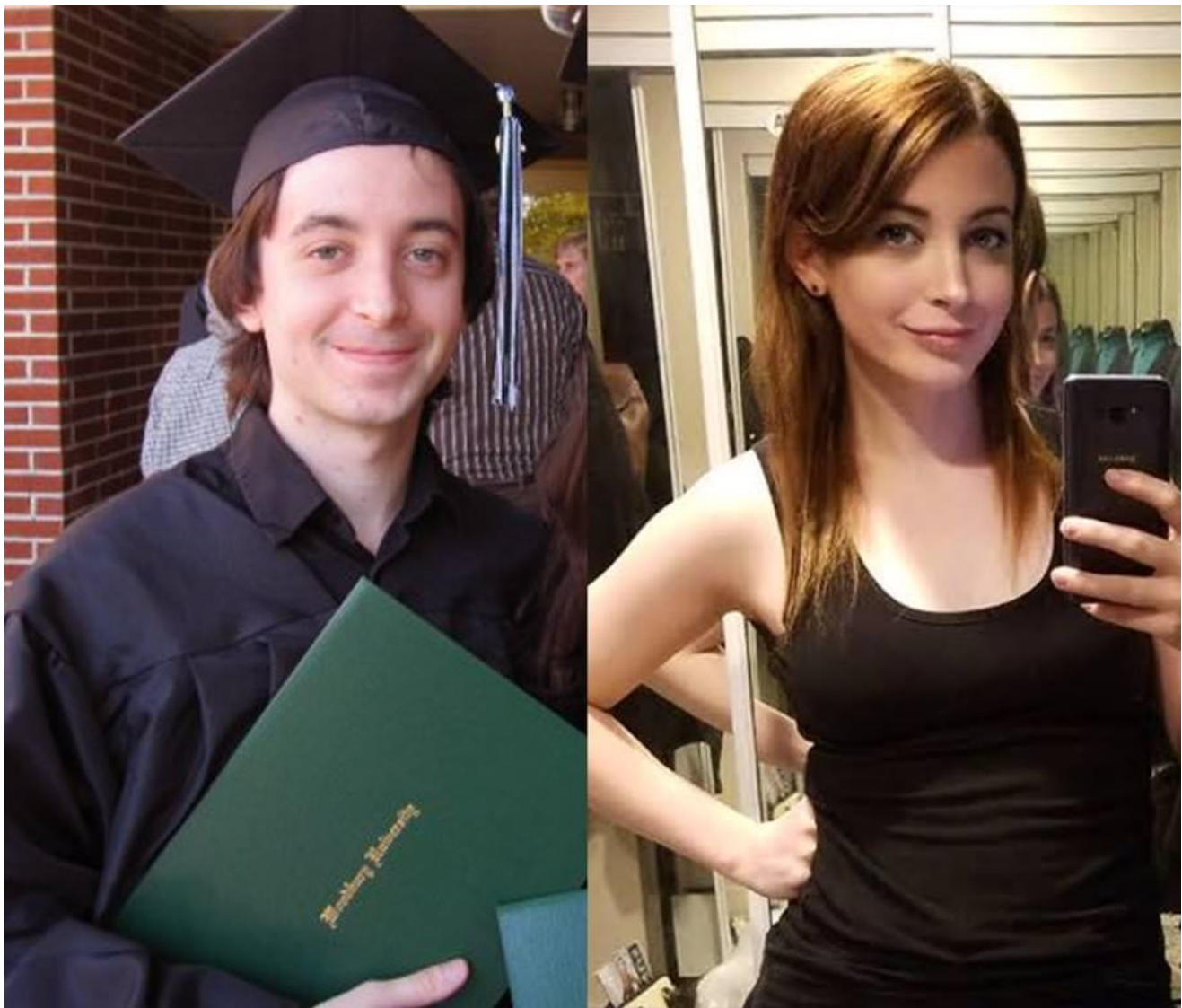
step8: Bank your sperm.

step9: Start hormone replacement therapy <https://vintologi.com/posts/1808>

step10: Removal of unwanted hair.

step11: Facial feminization surgery.

step12: Social transition <https://n2t.net/ark:21206/10025>



You need to know your value as a female, it's important that you adapt mentally to the new situation. If you have been a sissy/similar in the past it's time to stop now, you can do better than that.

The experience of becoming female

The following individual was able to massively improve his life by transitioning.

Honestly this was even harder to decide to post than my attempt to be gay 8+ months ago. Because the implications and outcomes have been completely different, the experience has been completely different.

Disclaimer: Before all of this i 100% completely identified as a man, a man's man type of internal mindset. Very heterosexual. And gay stuff just did nothing for me. It was only out of desperation and having the right features that i attempted this gender transition. By right features i mean i was only 5'8 starting out and had a 2.7 inches erect penis. Plus all my facial features are feminine and i was pretty cute even as a guy. With 4 inches to my height and dick i could have been a normie or even chad lite. Yet reality is cruel sometimes. Since being on hormones i have lost some height, so i'm closer to 5'7 now, a true manlet if i ever decide to return to manhood.

I have been on estrogen for about 6 months now. It all started when i got my new therapist three months before that, who referred me to a new general practitioner he knows. Obviously i told him nothing about being incel or hating females. only that i always felt like a girl, which was a massive lie. I just wanted to get hormones to attempt a gender transition and hopefully become attracted to dudes like the other trans on reddit, who so ironically betray themselves and their cause by casually posting truth.

I just want to say for the record i don't believe in any of the trans bullshit about being born that way. Maybe an exceptionally small amount of them are. Yet if you read their forums or subs it's so extremely common how many of them are just guys who wank to shemale porn and have autogynephilia. The vast majority almost always speak about how their brains get changed by hormones. Further proving they are truly male in the brain. Basically they are mostly cross-dressing fetishists. Maybe a very few of them really were born with a fucked up brain but it's hard to weed out the liars. Since the fake trans just copy what the real trans say. Yet they let it slip in their posts how much they love tranny porn or wanking their she cocks. Not that it matters, more trans is always a good thing. Less beta orbiters and sometimes even trans that are hot.

The first injection my doctor did for me. After that i did the rest myself. My hormones were tested before i started estradiol and at the 3-month mark. My testosterone was exceptionally low so he said i did not need an anti-androgen. I started out injecting every 2 weeks but moved to once per week after 3 months because i was getting hot flashes due to low spots in between.

The changes seemed slow at first. The first week i got sick to my stomach after the injection. I just felt awful, almost like someone was flicking my balls with their finger. Not as painful as being kicked in the nuts though. This lasted for about 3 or 4 days. Then it happened again after the next injection. It mostly stopped after the 3rd one. By which time i already had breast buds. Just a short while after that i started getting serious breast tissue. I had already been out in public dressed several times even in the first month. But i got a binder so i could delay social transition, because i needed more time to master my female voice.

Mastering a female voice was actually pretty tough. It took me about a month and a half to really sound like a girl. And i was practicing every day at least 30 minutes. I spent so much time looking up how to do this and incorporating the advice into my sessions. I would record myself and play it back to see if i sounded like a girl.

It was about 4 months in when things really started to twist my reality into all sorts of fucked. One day when i was wanking i realized i was still hard after cumming, which was mostly clear at this point. i felt as if i was not fully satisfied, as if i could keep going. So i kept wanking and i came again. Then i came again, and again. With no orgasm declining in quality. I came so many times i wasn't horny for 4 days afterwards. At which point i came over 10 times. A week after that i came 40+ times in less than an hour. I actually lost count of how many times i came. The first orgasm had the most clear cum. Then the first few after had plenty. Then i would rotate between ejaculating anywhere from a teaspoon, to a few drops, to a dry orgasm. As my body just kept making more.

During this same time my emotions were becoming far more intense. I would cry at stupid and random stuff. But crying does not feel bad, it feels good to release emotions. I would care about stuff that didn't even matter. It was almost like the hormones were dumbing me down. Dumbing me down enough to where i could enjoy life. I was starting to get a feeling, almost like being continually a little bit high. It was euphoric to say the least.

I only had a bit of feeling in my phantom vagina area, which was more than a bit disappointing, so i decided to try to encourage the feelings. I had phone sex with a couple of guys i met on the net. I role-played the part of the girl perfectly, even moaned like i was loving it. The next day after the 3rd guy i experienced a massive change. After peeing i felt this intense surge of energy from my phantom vagina to my chest. An absolute nuclear pleasure reaction and i thought about the night before when i had phone sex with that guy. It wasn't long after i realized what men could do to me, that i started craving to kiss them. Craving them inside me as i cuddled my pillow while falling asleep. Craving to be held by a big and strong man.

The month after that things got even more intense. It was clear to me that females experienced sex with far more joy than men. It's like having a dick with sensory feelings that reaches all through up the body and hooks in the heart. My first experience with a guy was a non-chad friend, who knew i had started a transition and thinks i am actually trans. We didn't have sex or even oral but we kissed a few times and cuddled for a few hours. It was magical, the cuddles were even better than the endless orgasms. Waves upon waves of mental emotion mixed with sexual waves of pleasure. It's so extremely addicting.

I'm beyond words enjoying my experience on female hormones. I still hate females, cucks, and chads. This is the turning point for me. If i don't quit now i will probably end up sterile and unable to break this intense addiction to female hormones and to men. Finishing transition will take work but leads to a life of happiness. Not finishing means going back to a hell after experiencing a heavenly paradise the likes of which i could have never imagined.

I feel like any choice i make is life-wrecking but i was already totally fucked to begin with. It's so fucked up to crave men, to think of being dominated by them. My brain is so fucked up on female hormones it's telling me it would feel amazing to swallow semen and get creampie'd. I only have one cuddle buddy right now but i think about cuddling other guys too.

I have not had sex yet, not even oral but i feel like if a dude mounts me and creams me while i'm hopped up on estrogen there may be no return. Because i can already tell getting fucked is another level of pleasure. Maybe even greater than the endless orgasms or even the cuddling. Orgasms are just a sprinkle on the icing for female bodies. Things are so much more intense and amazing in all areas of life. Going from before transition to right now was like going from black & white reality in low definition to 4k ultra HD with perfect sound. Even more than that, it's like life is even more colorful now and things are so much more intense. The sky even looks brighter, stars shine more intensely to

me. It's like hormones grew a lens of happiness in my brain that i now perceive reality through and it's a much more positive experience.

Things look potentially so good, at least better than when it was hopeless. I don't know if i can ever go through with having my genitals cut off. I just have like a mental block over such a barbaric surgery. I think i could live fine with just having male parts. I partially identify as female but know deep down I'll always be a man because men are awesome.

I could see this as being the best cope for manlets who are cute. As long as their face isn't too masculine. I'm not saying it's perfect, it has downsides like having to pee more. It's still a lot better than being incel forever. A lot of males suffer because the value their pride over their happiness, destroying your male pride is an important step in your transition process.

<http://archive.is/oge4A#selection-1481.0-1541.227>

The male gender role is broken

Let's face it, if you present as male, there's exactly one personality that will earn you social approval: Chad. Assertive, dominant, successful. Nobody will be impressed by a male that is meek, submissive and struggling. Such males are not considered gender trailblazers; they're just derided as incel NEETs. Nobody is offering an actual solution to this. Tradcons tell you to just man up. TERFs tell you to just abolish gender. Liberals deny this reality altogether.

By embracing girlmode, you actually become free to be your authentic self without shame. Society at large requires men to keep grinding and struggling to keep the lights on, so obviously no serious and respectable person will encourage you to just drop down the pink vortex, but it's possibly the only thing that will actually help you if you're stuck being a shitty male with no prospects.

Life outcomes of people that transition

Trans-women will benefit from the increasing female privilege, thus in the future more males will benefit from transitioning while it becomes less beneficial for females to transition to male despite trans-men becoming more accepted by society.

Trans-women that are supported by their parents have good life outcomes as society becomes more accepting of trans-women the outcomes of people that transition from male to female will improve.

https://www.researchgate.net/publication/284551812_Impacts_of_Strong_Parental_Support_for_Trans_Youth

But what if people around you are not supportive of you transitioning?

Avoiding social difficulties while transitioning

The focus of transitioning should be on changing your secondary sexual characteristics (hormones, surgery, etc.). You should regard it as a body modification similar to "bodybuilding". This is the only sensible approach if you value your social life, integrity, and self-respect.

If you believe that there is an "innate gender" which is unrelated to biology or society then you will inevitably create social problems for yourself. People might understand that one might want to be (or look like) a woman, but almost everyone takes "born in the wrong body" as a joke, especially if you were not previously flamboyant.

If you do not look and are socially regarded as a woman, claiming that you are a woman in the inside and that people should respect your innate gender regardless of how you look is meaningless and futile. This at best makes people pity you and at worst makes them mock and bully you. The situation worsens if you dress in women's clothing but still look like a man. This should be avoided first and foremost out of self-respect, and second out of respect for fellow transnies. You will also hurt yourself for thinking that people do not treat you the way you should be treated.

You do not have to come out in any way to your family or other people who know your real identity.

Whether or not you should transition isn't something you should discuss with people who have not properly researched these topics, most people including your family will be utterly ignorant and thus they will not be able to give you any real help. If you announce that you plan or think about transitioning people around you may push or outright coerce you into not doing so even though it would be beneficial for you.

Thus the solution is to start medication without telling anyone about it that knows your real identity, later if/when they start noticing changes you can tell them that you are transitioning.

If you currently live in a transphobic environment you may want to relocate before socially transitioning. You may want to just leave everything behind to start a new better life if/when you can pass fully as a girl, being stealth allows you to escape transphobia and be treated just like another girl.

Medical transition and reproduction

You can still impregnate females by donating sperm if you have it backed up, sure it will be less convenient but if you are currently involuntarily celibate the chance of you reproducing is so abysmal it's unlikely to go down further if you make the transition. A lot of homosexual women still like dick and some of these women prefer sex with shemales over the total humiliation of having sex with males.

Azoospermia caused by HRT is usually reversible provided you still have your testicles.

The same is not true for FtM, if you are born female transitioning will instead make reproduction a lot more difficult, especially if you want to do it with a male of high quality.

How society benefits from people transitioning

People that wish to transition usually have comorbid mental disorders [105](#) [106](#) thus future generations are likely to benefit from letting these women transition and sterilize themselves in the process, this comes with the cost of using tax-money for these medical expenses and losing women that could provide sexual satisfaction to other people.

Males transitioning to female is beneficial for society since it would allow people to have fun fucking them. Incels transitioning to female is good for society since they will become less likely to develop or maintain problematic political beliefs or become violent, they will instead benefit from accelerated hypergamy and gynocentrism.

Less incels trying to force females to waste themselves on losers is a good thing.

It has been proven safe to allow trans-women inside spaces reserved for women [0](#) [1](#) trying to exclude them would harm natal women too [2](#) [3](#) [4](#)

Not using tax-money to pay for medical transition would be dysgenic since it would make it more difficult for poor people to transition.

People improving their lives by transitioning is a beautiful thing

Usually when someone live a shit life as a male he will just complain about how women are unfair to him or he will spend his time on various copes such as videogames and anime.

It's very rare for miserable males to actually improve themselves via medical transition, it usually takes pretty bad gender dysphoria for them to actually take action and even then many fail to act in time.

1. Males transitioning to female makes the world more beautiful (less disgusting males).
2. People that transition and become beautiful benefit from it
3. people around them will see them improve instead of suffering or killing themselves.
4. males that transition are politically useful for my goals (maybe also your goals).
5. trans girls are high in demand and can allow cis lesbians to have biological children with a partner they find attractive.
6. voluntary chemical castration makes a male less likely to hurt other (and himself in the process).

I find it strange that people rarely object to psychiatry that outright harms people and costs billions of dollars each year but they complain about the government helping trans individuals transition even though it's one of the few mental health interventions that actually works.

Forced feminization

A lot of individuals cannot make it as males and will thus be forced to live as female or suffer the brutal social consequences of being male, this is especially true for females with gender dysphoria, they might not like their female bodies but medical transition would still be a disaster for them.

Most males are no longer needed in our modern society, technology has made name strength mostly obsolete and most males do not have any mental abilities not commonly found in females. Less than 10% of males are needed for sex and reproduction, most males are just a burden to society and thus we need to increase the number of males that transition to female, especially individuals who would clearly benefit from changing their biological sex.

Most males hold into their male pride but that will soon crash down as females raise their standards (because they can) and even more males lose their jobs to automation.

Currently forced treatments are justified by "danger to themselves and others", you do not need to be convicted of an actual crime. If we are going to treat people against their will that shall include HRT.

A nurse will regularly visit your home. Your pants will be pulled down and soon you will feel a needle inside your muscle and soon the injection, estradiol valerate, it will be slowly absorbed by your body.

At first it was just pills given orally, now it's injections and at this point hiding the breasts is very difficult. The estrogen will make you more emotional and thus you will probably start crying due to the intense humiliation you received by the new government controlled by believers of vintologi. You crying and begging will of course not stop the nurse from doing the injection.

After a while you will stop resisting and accept your face as a girl. It will become increasingly difficult to hide what's happening to you, your breasts getting bigger, face feminized, brain feminized. Once you have been forced to be on HRT long enough there will not be much left of your old self, the hormones have changed your brain beyond recognition and now there is no longer any going back, not only do you look like a girl now, you are now also like a girl mentally.

There are a lot of males who would benefit from transitioning but they are not willing or able to actually transition, this can be due to social factors but in most cases the issue is ignorance, people simply don't know what's best for them. It's a difficult and scary decision to make to start HRT and this is why a lot of people fantasize about forced feminization, often they try to brainwash themselves via sissy hypno porn.

Chemical castration drastically reduces testosterone and thereby sex drive, sexual desires and aggression. Thus a lot of males that are currently dysfunctional in our society would become functional if they start on HRT, this would allow them to avoid being jailed

Child molesters have drastically low recidivism rates when chemically castrated (1-4%) vs non castrated (40-65%)

https://www.wfsbp.org/fileadmin/user_upload/Treatment_Guidelines/Paraphilias_Guidelines.pdf

<https://jamanetwork.com/journals/jamapsychiatry/fullarticle/2764552>

Currently just being suicidal alone can warrant forced treatments by harmful and dangerous psychiatric drugs, forcing some males to take hormone replacement therapy can thus be justified in an attempt to prevent them from killing themselves using the same standard.

Innate gender identity?

Studies on intersex children show that about 40% will identify as female when raised as one, thus gender identity is only partly due to genetics

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1421518/>

This tells us that a lot of people are able to adapt to living as either sex, the brain is flexible and we can adapt to a lot of things. Whether or not an individual will transition is only partly determined by genetics (33% in the case of MtF)

<http://www.hawaii.edu/PCSS/biblio/articles/2010to2014/2013-transsexuality.html>

Direct vs indirect gender dysphoria

Body dysphoria is direct discomfort (it doesn't feel right) with your body, this goes from mild to extreme and generally this is difficult or impossible to alleviate without transitioning medically.

Even if you are ok with your current body you might still be a lot happier with a female body.

But you can also suffer in other ways due to being male such as being forced into military service, being rejected by females you desire, in other ways being treated in ways you don't like because you are male. Maybe you prefer female clothing but putting on female clothing and wanting to be threatened like a female when you have a male body is a recipe for disaster.

Sure you can try crossdressing in private but thats a rather pathetic cope for not being a girl, just take your estrogen and you will soon be able to wear female clothing 24/7 without any problems.

Alternatives to medical transition

Sometimes moving to another place can work for specific gender issues (you may want to avoid getting drafted, having an easier time dating, etc) but this is not a general solution since some gender roles are rather universal and thus difficult to avoid.

Conversion therapy with regard to gender identity has been tried and it has bad outcomes

<https://jamanetwork.com/journals/jamapsychiatry/article-abstract/2749479>

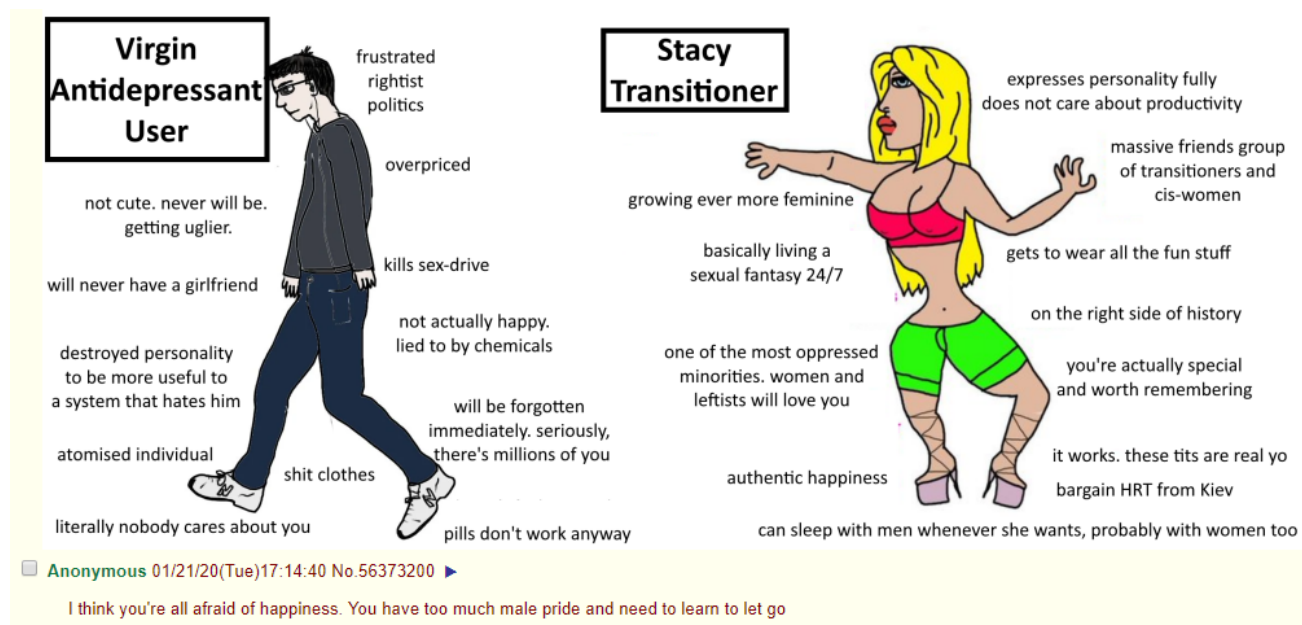
Therapists and psychiatrists cannot be trusted

Talk therapy in general is questionable, therapist will put effort into making you conform to society, they will typically not actually look out for your own best interest and usually you will not actually be given any legitimate advice <https://vintologi.com/threads/therapy-brainwashing.314/>

Psychiatry is outright harmful and very dangerous, especially considering how bad mental health laws are, despite attempts to rig trial no Randomized Controlled Trial has demonstrated any benefit from psychiatric drugs so far and other treatments like electroconvulsive therapy are also very questionable

<https://vintologi.com/threads/studies-on-psychiatric-drugs.591/>

<https://vintologi.com/threads/psychiatry-horror-stories.267>



Do not let anyone gatekeep you from transitioning

You may be in doubt and thus ask people close to you or a gender clinic you should transition are allowed to his is not a good idea.

It's very unlikely anyone close to you have a proper understanding of the consequences that comes with transitioning, what the pros and cons will be for you.

You have the right to rule over your own body, no not let any doctor or parent take that right away from you. If you cannot get an official prescription in time just order online, its actually rather cheap. If your family of origin is transphobic just boymode and leave, you don't need them in your life if they become a negative for you.

You can be honest when you talk with people online and properly hide your real identity but you should not tell people close to you or any gatekeeping doctor that you get aroused by using female clothing if that is the case for you.

Gender therapists are not basing their recommendations on proper science, instead they will base it on their (sometimes narrow) views on what it means to be transgender and this will depend on the therapist.

If you need an official gender identity diagnosis you probably shouldn't be honest with any therapist you are forced to talk to, instead just say you suffer from significant gender dysphoria and feel trapped in the wrong body, say you felt like this as long as you can remember but that you was afraid to talk about it because you didn't know how people would react.

Trapped in the wrong body?

One prevalent trans stereotype is “a girl trapped in a male body” and often people justifies their transition by them fitting into that stereotype to some degree. Is there any scientific truth to this?

The following Brainscan study show that trans girls have mostly ‘male brains’ prior to transitioning

<https://www.ncbi.nlm.nih.gov/pubmed/25720349>

This is not surprising considering the male socialization and male hormones these individuals have been subjected to. Studies on trans children do however show that they develop like the sex they identify is psychologically

<https://www.pnas.org/content/116/49/24480>

How well you fit into the “female trapped in a male body” stereotype does not tell you whether or not you would actually benefit from transitioning. You do not have to conform to female stereotypes to be valid as a trans girl.

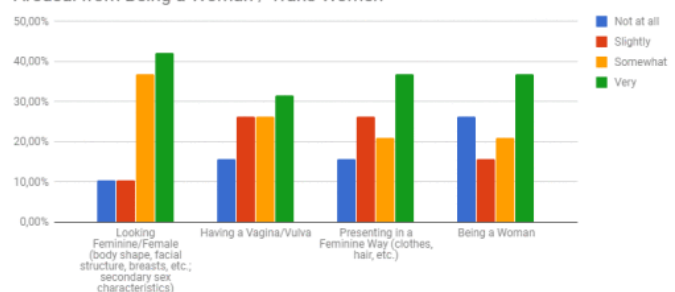
There are many other factors to consider such as how well you would pass.

Female sexuality?

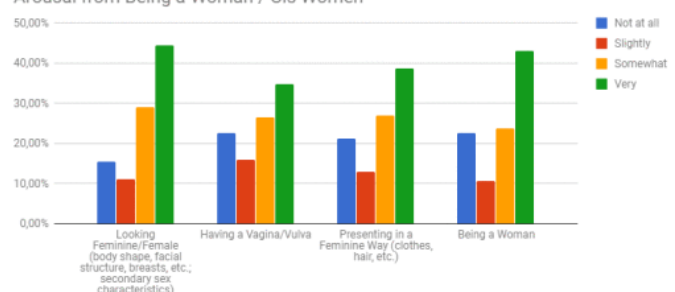
There are a lot of similarities between cis and trans girls in terms of sexuality and it's difficult to detect any clear difference, different studies have different results.

Similar to cis females trans females typically exhibit female embodiment sexual fantasies.

Arousal from Being a Woman / Trans Women



Arousal from Being a Woman / Cis Women



<https://www.semanticscholar.org/paper/Who-Is-This-About-An-Exploratory-Study-of-Erotic-Fertil/21205f4733a13460b8ca34c7312deb3eede51f28>
<https://pubmed.ncbi.nlm.nih.gov/19591032/>

<https://surveyanon.wordpress.com/2019/05/29/triangulating-autohomosexuality/>

<https://surveyanon.wordpress.com/2019/12/04/data-on-behavioral-autogynephilia-in-cis-women-from-r-iaf-suggests-similar-rates-as-in-trans-women/>

R. B. posited that all transsexuals that are not androphilic are autogynephilic. This has been thoroughly debunked, starting with his own data. Some transsexual fits into his “AGP” and “HSTS” categories, but it is not all of them. He handwaved that away by saying that counter-examples to his hypothesis are either liars or that their androphilia is “meta-attraction”. By using an unfalsifiable reasoning, he put his hypothesis within the realm of not science but pseudoscience.

[https://www.researchgate.net/publication/339738869 Sexual Behavior Desire and Psychosexual Experience in Gynephilic and Androphilic Trans Women A Cross-Sectional Multicenter Study](https://www.researchgate.net/publication/339738869_Sexual_Behavior_Desire_and_Psychosexual_Experience_in_Gynephilic_and_Androphilic_Trans_Women_A_Cross-Sectional_Multicenter_Study)

<https://www.juliaserano.com/av/Serano-CaseAgainstAutogynephilia.pdf>

Normal "no homo" mental gymnastics



Blanchardian "no homo" mental gymnastics



<https://surveyanon.wordpress.com/2019/09/10/meta-attraction-cannot-account-for-all-autogynephiles-interest-in-men/>

This of course has not stopped transphobes and a few naive or self-hating trans girls from believing in that pseudoscience, a lot of people repress thinking they are “not really transgender” because of that, this is very harmful.

Denial and paranoia among repressors

I have noticed that a lot of individuals unwilling to transition become paranoid thinking everyone is trying to manipulate them into transitioning.

If you have transitioned yourself they will think "she is just trying to recruit me to the trans cult" (in reality there are several factions among transgender individuals, people have different views).

If you have not transitioned yourself they will think "why isn't he following his own advice" even though he isn't in the same situation as you, he might be married with children and thus would never come close to passing while you would become a cute girl and drastically improve your life. When people give you bad advice it's usually because they are simply mistaken, it's not due to them intentionally trying to hurt you, if someone states "i think you should transition" he and she probably believe you would benefit from it.

Repressors often listen to transphobes telling them "it's just a fetish" but that is very rarely true, almost always it's far deeper than that, it's not like the typical fetish you can just ignore.

While you repress and listen to what transphobes tell you your body will become destroyed over time by testosterone often to the point where it's too late for them to ever pass as a girl.

<https://transsubstantiation.com/a-letter-to-anne-lawrence-709fac0af75e?gi=2765e278afe3>

The fact that you destroyed your life by not transitioning when you were young can be very painful and because of that a lot of people are in denial and tell themselves "i am doing the right thing by repressing" which typically do not work out too well.

Which individuals actually benefit from transitioning?

There are many factors to consider. How functional is your life now as a male?

How is your sex-life?

Is there any real hope for you improving your situation while not transitioning and would it be a level of improvement you would be satisfied with?

When was the last time you got sex without outright paying for it?

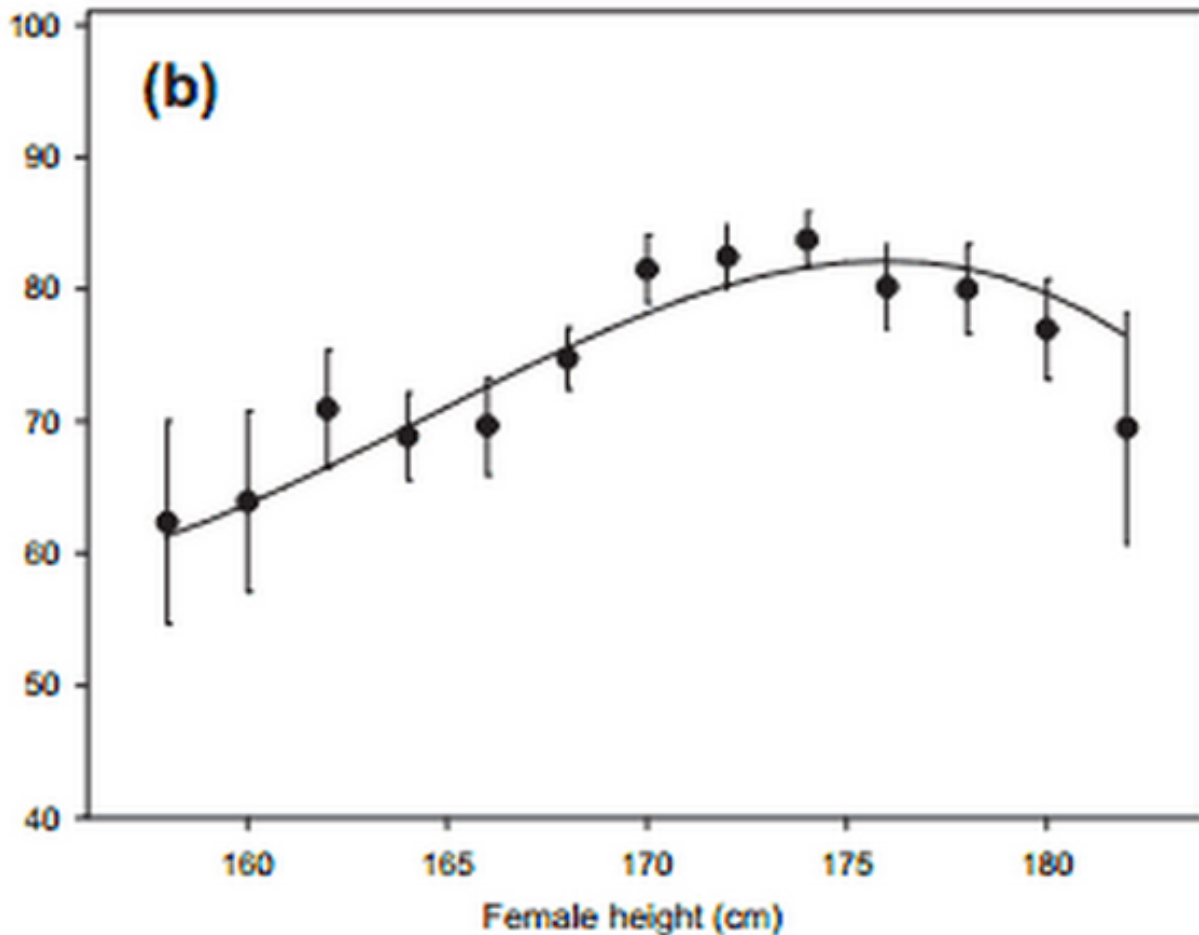
Are you willing and able to have children if you stay male?

Then you compare that to how your life would be as a trans girl, would that be an improvement for you?

Would you be able to pass as a female?

Ideal length as a female

If you are taller than 6.1 feet (185.4cm) you will probably not be able to ever pass as a female even if you start HRT early in life. The ideal female length is 168 to 176cm but being a short female is still far better than being a short male.



<https://www.quora.com/What-is-the-ideal-height-for-a-woman-to-have-%E2%80%94-in-terms-of-being-happy-with-her-own-height>

You can expect to lose about 1 inch (2.54cm) after starting HRT.

Dating as trans girlfriend

If you become attractive as trans girl you will be able to date cis and trans individuals of both genders.

Some trans girls that improve their dating lives believe this is just because they are happier now being the gender they want to be and while this may be a small factor a far bigger factor is the overall dating situation for males and females.

Having to compete just to get sex at all is a heterosexual male thing, it's not really a thing among trans girls, then instead loads of males are going to outdo each other trying to get into your pants and there will not be any shortage of guys wanting to date you even if you are not attractive at all.

If you instead just date other trans girls you will be able to find someone of similar attractiveness, if you live in a highly populated area the transbian dating pool will be big enough for you to find a matching partner close to you, otherwise you might have to travel or have it online only.

This can be compared to the FtM dating situation (disaster)

Posted by u/questioningawayt 9 months ago

Detransitioning because I want to be attractive?[21FTMT?]

RANDOM THOUGHTS

I've been on T for 3 years and socially transitioned for 5. I love being apart of the gay community and being the gay friend with my girl friends until well... dating. Being male for a few years felt right, but what felt off was still being in the closet because of my sexuality and the first 2 years were spent trying to be masculine like my male peers and pretending to be attracted to women. Prior to that the female gender role never felt comfortable with me, and I had issues relating to women, and physical dysphoria. Having periods, breasts and hips made me feel extreme discomfort. Men showing me attention of any kind made me the most uncomfortable, because I knew in their eyes they saw me as a woman and everything felt wrong. I transitioned while starting a new high school as male and my life mostly felt like growing up into a genderless young child into a man(now) as opposed to going from female to male.

Lately after coming out as gay, I've embraced my feminine side and feel comfortable with calling my friends and myself as sisters jokingly and using language to refer to myself that wasn't comfortable in the past. I pass for the most part but I look really effeminate. I'm Asian and the only men I attract tend to be overweight or very old, and as someone who looks more twinkish it upsets me.

I used to get comments from my mom about how beautiful I was and I feel like it's easier to attract an attractive straight man as a woman. I feel like my face for a girl is cute/beautiful but as a guy I am cute in a youthful way but not handsome. But that only lasts so long and I feel like my round face is just going to get uglier as I age. Online dating many men want masculine men and don't want to date trans men. I'm starting to feel like based on the comments I get from people that transitioning was a mistake and I'd be happier as an attractive woman. I admire a lot of female KPOP stars for their beautiful styles and looks and clothes. All I could think is how cute it would be to look like them and get positive attention.

So I don't know if I should detransition, I've been going through a breakup and series of disappointing dates to the point where I feel depressed and miss having someone care about me. I get jealous of people in relationships and am starting to believe maybe being an attractive woman would fix a lot of my issues and I'd be happier and get farther in my life. I see a lot of lesser attractive women with attractive husbands/boyfriends but gay men tend to only date guys who look like them, which disappoints me.

Thank you for reading. I apologize if it sounds ridiculous but I needed to get this off my chest. perhaps I have been reading too much incel garbage putting me in these shitty mindsets that make me feel worthless.

This illustrates that while you do have to deal with a lot of nonsense because of your gender as a female it's still far better than the typical life you live as a male in a functional modern society.

Is SRS a good idea?

A girl with a penis is exotic and may thus have an easier time dating than a trans girl with a vagina, at least unless the bottom surgery results was very good.

It's difficult to find any good MtF bottom surgery results, most are really bad. Some are ok in terms of appearance but not

<http://www.supornclinic.com/restricted/SRS/Results.aspx>

If your SRS is a failure there will probably not be any way to fix it later, it's irreversible.

It will probably ruin anal sex since the neo-vagina will be created between the prostate and anus.

It's very likely that your bottom surgery options will be far better in the future if you just wait.

Maybe in the future it will be possible for transwomen to get pregnant.

The situation with SRS in Thailand is however a big mess with surgeons replacing each other and it's unclear if the end result will actually be good for you.

Suporn creates more depth. He guarantees at least 6 inches. Other surgeons come closer to 4 or 5 inches. 2) Suporn makes meshes from the scrotal skin and uses the scrotal meshes to lign " the neovagina". Other surgeons use penile skin primarily to lign the neovagina. 3) Suporn uses penile skin to create the " labia ". Western surgeons use scrotal skin to create the " labia". 4) Only Suporn and Chettawut perform the Chonburri method. All other surgeons perform penile inversion. 5) It's called the Chonburri method because Suporn creates an organ that doesn't exist in a real vagina, in an attempt to create a homologous structure to the G-spot in real women. This Chonburri organ is a lump of nerves bundled together that he burries deep down in the neovagina to extend the feeling to the vaginal canal instead of just " the clitoris ". 6) Suporn discourages hair removal prior to surgery. He scrapes the hair follicles himself. 7) The Suporn method was invented by Suporn himself and presented early 2000s to the world. 8) The Suporn method is much harder to recover from than the penile inversion method. The SRS patients have to dilate 3 times daily for 45 minutes during the first year. So almost 3 hours of dilation a day for at least a year, not included preparation of the instruments,... To dilate. 9) Suporn makes the prostate accessible through the neovagina during surgery by constructing the vaginal canal face to face with the prostate. 10) Suporn's prices go up 500\$ every 6 months. He currently charges almost 20 000\$. 11) Suporn is soon retiring and has trained an apprentice to take over his clinic. This new doctor is named Dr Bank. 12) SRS patients claim to be able to get wet with Suporn's technique. 13) Dr Suporn trained Dr Chettawut and they were both trained by Dr Preecha Tiewtranon, the master of SRS surgery in Thailand. 14) transwomen who go to Thailand get poor aftercare once they left the country. They can only email these doctors and can't telephonically contact them. They are required to stay in Thailand for 1 month after their surgery.

The other Thai surgeons are:

1. Dr Thep who charges 2500\$ and performs an SRS in 2 hours. First come first serve base. He gives them a bamboo stick to dilate with and they can go home the same day after the operation if they want. The biggest complaint with Thep is according to himself : " hole is not deep enough ". Dr Thep performs sex changes under local anesthesia and he offered a journalist who wanted to know more about the surgical process to talk with a patient who was under anesthesia on the operation table at that moment. He offered to pause the anesthesia so that the guy could talk to the press about his sex change operation.
2. Dr Nara who charges 3500\$. Has only pictures with closed legs on his website. Jeesh, i wonder why lol
3. Dr Kuldech who charges the same prices as Nara from his website judging. This Dr Kuldech had a US patient who almost bled to death on his way back from Thailand to the US because stitches had dissolved prematurely. This TIM had gender euphoria because the ER team was impressed by his " vagina" and how the ' 'vulva' ' looked so natural.
4. Dr Preecha from PAI. He gives the patients a wax candle to dilate with. He is 86 now and only supervises surgeries. Dr Burin and Dr Sutin do the surgeries. PAI charges 8000\$ for SRS and this clinic is famous for it's quote that gynos can't tell the difference.

5. Dr Kamol. Charges 10 000\$ and has mixed results.
6. Dr Saran charges 8000\$ and he butchers westearn TIMs and blocks their email and Facebook once they complain.
7. Dr Pichet who charges 10 000\$ and has created bloody messes by performing SRS surgeries with a graft from their colon. Many of his patients kept digestive problems and had to wear pads all the time because their colon graft leaks in their " vaginas".
8. Dr Sanguan Kunaporn charges 13000\$ for SRS and generally has satisfied TIM clients but most of his clients are autogynephiles of older age.

Preech Aesthetic institute

The pictures posted on the website does look good but only 2 pictures are provided so it's very likely they are cherry picked.

<http://pai.co.th/srs-penile-skin-inversion/>

A trans girls wrote the following regarding her experience with their vaginoplasty:

Being a post-op trans girl comes with a lot of privilege:

- If you pass as a cis woman and you don't have to tell your dates you are a trans woman, they will treat you like a real woman in the bedroom. Trans women who still have the penis are often treated like a cum rag, sadly.
- If you can keep your trans status hidden and all your documents are updated, you could marry an upper class man and then ask a divorce after a few years and cash out half of his fortune.
- You can train for sport competitions and actually be better at it than cis women. Your androgen receptors are more sensitive to testosterone so even with low doses of endogenous testosterone produced by the adrenals, you could put on a lot more muscle than a cis woman could. Rachel McKinnon is winning every competition against cis women. She's post-op MtF. You could seriously cash out on prizes and scholarships like that. There's nothing cis women could do about it, since you have a pussy pass.
- As a post-op trans woman you have easier access to cis lesbians too. You are not obligated to tell them. Contrary to what TERFs tell you cis lesbians wouldn't as easily know that your neovagina is a neovagina and not a cisgender vagina. I'm post-op after visiting Preecha Aesthetic Institute and at 9 months i had a cis woman licking my pussy without having a clue.
- If you ever commit a crime you will be placed in a women's prison. You will have an easier life than if you were put in a man's prison where you could be subjected to rape.
- Anal sex comes with a lot of loosening of the colon. That way you will shit your pants easily if you are an androphilic trans girl who regularly has anal sex. If you have a pussy, you won't have to deal with that. He could just fuck your pussy.
- People will see you as a real woman more easily. As a pre-op / non-op woman people will to some extend still see you as a man.

SRS if done by a good surgeon can look okay and neat.

It's unclear if this is a common result, did she got lucky? is she lying about it? Delusional?

What does it mean to be female?

There are several competing definitions for this depending on ideology

1. it's all about chromosomes
2. it's about your brain
3. it's about your gender identity
4. you need to feel like you are a female or have dysphoria
5. it's about having female secondary sex characteristics
6. it's about looking like a female.

What actually works in the real world is 4 or 5, if someone look like a female you let her use female changing rooms or bathrooms.

2 and 3 and 4 will set you up for social difficulties and there isn't actually any way to test this scientifically, anyone can claim to have gender dysphoria or that they identity as female, there isn't even any way to test whether or not someone have a "female brain" with current technology and the notion of male and female brains are a misnomer.

1 would result in women with androgen insensitivity syndrome being classified as male, should we force them to use male bathrooms?

Of course we can discuss exactly where to draw the line but so far rather inclusive policies hasn't caused any real world issues besides some people having a moral panic over a non-issue [0](#)

Biological sex is bimodal, not binary

Some people want to look at just hormones which doesn't make biological sense

<https://www.ncbi.nlm.nih.gov/pubmed/24313430>

These individuals are inconvenient for transphobes which is why they dont want to talk about them, they just throw them under the bus and accuse people defending them of "dragging intersex individuals into this".

The fact that sex is bimodal means that some people are more biologically female than others, some people can get pregnant and give birth while other individuals are incapable of that despite having an overall feminine body, maybe it will be possible for them in the future with a womb transplant.

Some trans women have been able to breastfeed, the breasts you get from HRT are real female breasts.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5779241/>

If we are going to look at just fertility we end up with 3 categories

1. people that can get pregnant
2. people that can impregnate
3. people are infertile

But there is no clear way to divide people into these categories.

From a darwinian perspective people of category 1 are the most valuable while people in category 3 are the least valuable, this is not however how people are valued in our modern society, instead it's mostly about looks and your ability to be productive under capitalism.

If we just look at strict biology we will have to draw the line somewhere if we are going to force everyone into two categories, some people will get kinda fucked over by this and this is impossible to avoid.

I can see where some individuals gravitate towards the gender identity concept where it's about feelings "i feel like a girl" rather than your physical features, i view that as nonsense and it will create social problems trying to make everyone pretend you are a girl.

HRT will affect all aspects of your body, the transition is biological and very real.

How a girdick differ from a male penis

Hormone replacement therapy (HRT) will also affect your penis

1. making them softer
2. better smelling
3. you will be able to get multiple orgasms
4. Change in coloration
5. Little to no spontaneous erections
6. Less aroused by visual stimuli
7. your dick will become a lot more sensitive to touch.
8. you will be able to get full body orgasms from penile stimulation.

Transwomen have way better sex than 'chad'

If you want to have some care-free kinky fun, you should look to date other trans girls. They'll be as horny and fucked-up as you are; just take a look at the various NSFW trans subreddits to get a glimpse. If you want to get free stuff out of your relationship, look for a chaser, but make sure to find one who isn't cheapskate. They love to spoil their dickgirl princesses. If you want love and stability, look for a bi guy. Some chasers are also keepers, but only the ones who are out to everyone, including their families. If they aren't, you will always be a side bitch to them.

Male hormones are responsible in part for the refractory period and making orgasms localized in the penis. You know how it feels, because you are on them. It feels like a distortion of going to urinate, then semen comes out. There is no real pleasure to be had from penis stimulation on testosterone. It is also way better to get fucked in the ass than to fuck someone yourself, you will get multiple full-body orgasms, nothing like the lame unfulfilling orgasm you get from P in V sex.

You will find out that all expectations about how awesome it is to get fucked are true. You can already try it out via dildo and just ask yourself how much better it will be once you start on female hormones and get fucked by a real pulsating dick.

Some natal women are willing to try sex with transgirls but most likely you will not be close to sexually compatible and she may not accept you enjoying yourself with other transwomen

(26 F) My partner (26 MtF) is constantly lewd with other people (self.mypartneristrans)

inlagd för 1 år sen av KoolAidXPickles

My partner hasn't exactly been faithful to me in the past so I may be being extra sensitive but I feel increasingly uncomfortable about how and what they talk to people online about in trans focused servers...

I understand the need for kinship and friendship with other trans women and in no way do I want to stop that but she doesn't seem to understand that friendship isn't sexual? She constantly talks about sex, her fetishes, sleeping in other trans women's beds and having sexual slumber parties, etc. It's all very sexually charged and I feel so uncomfortable with it all. I've told her I feel uncomfortable and she just tries to hide it from me...She doesn't have a single friend that she doesn't get lewd with or that hasn't seen her naked body. It's always a "If we all got together we'd have an orgy!" or describing explicitly sexual things being done to each other or awkward compliments that are very sexually charged, that even I don't get. I genuinely feel embarrassed because these people know we're together and most of them are poly, but we are not despite her acting like this. She'll openly say things like "I hate men but prefer dick" and identify as a lesbian, which just makes me feel horrible about my own body. I gave her oral sex the other day and a day later she'll say something like "I haven't oral sex in a way I like in forever" and not talk to me about, but just have more sex conversations with other trans girls. It makes me feel unloved and inadequate and cheated, but she acts like I'm being mean by begging her to stop. She has even gotten upset with me and called me the "police" for snooping on her (we're in the same server so it's hard to ignore these public posts). She explodes at me and says she has an "image/reputation" to maintain in the server and that I don't want her to have friends...Then she freaks out at me, logs out of everything and won't talk to anyone for days. I have said till I am blue in the face I don't care if she talks to others but the sexual stuff is not cool. Maybe discussing sexual things in a general context would be okay but explicitly telling other people she wants to BLANK their BLANK is ... not cool. Sharing personal private things only we should share is ... not cool.

She claims it's because she wants to boost other trans women's self esteem and feel the sisterly bond cis women have when they are younger...but never did I ever do anything like this? Cis women don't usually act like this and honestly it would be considered a little creepy. I'm kind of offended that she thinks bonding with another women has to be THAT intimate...

Maybe being a truecel isn't so bad if you are willing to swallow the pinkpill? you may end up having way better sex than a top tier male.

A trans girl wrote the following:

I just had my first orgasm in a while, and I'm a sweaty, sticky mess.

This story is kinda detailed i guess? Sorry if it's not the normal kind of post for here.

I've been streaming video games a lot lately (mainly Overwatch) and my Friday and Saturday streams were always the one where i have someone, usually a follower, control my vibrator while i play. They turn my vibrator up when I'm doing good, turn it down when I'm doing bad, etc. Sometimes they'll dirty talk to me while I'm playing, and it's super hot. It has lead to some very good times. They all know i'm trans, i get treated 100% like a woman, it's great!

I told my discord that I'm not going to be streaming for the rest of the month earlier today, and one of my fans (it's so weird to think i have fans) sent me a dm telling me about how he enjoyed my streams, and he's going to miss them, and we chatted for a while today. It started out innocent, but didn't stay there.

Fast forward to an hour or two ago, and i just got home, and i'm pretty horny from our conversation, and he asks for permission to send me a dick pic. I say yes, he sends the picture, and...holy shit, i didn't know i was talking to a horse this whole time. Well, he's at least part horse.

Before i continue, i just figured i'd say that i'm comfortable with everything that was said and done. Some trans women may not like the same wording that was being used on me, but i do, and i was comfortable with everything he was saying. He was a total gentleman regarding what I was and wasn't cool with. I don't think anything he said would offend anyone, but I don't some people don't like using some words to describe their genitals.

So i decide to grab my bluetooth vibrator and pass the controls over to the guy i've been talking to. He'd never controlled it before. Where both starting to feel good, and he asks if he can voice call me. I say yes, he gives me a call, and at this point we're both really into it. He has a very seductive voice, and he's talking about how he wants to use my pony tail for leverage while he pounds my ass and rubs my clit.

We're both breathing heavy, moaning, he's dirty talking some more. I'm feeling great, but i feel like I've hit a wall and i'm not getting any closer to orgasm, and he clearly is. Soon he tells me that he's going to cum. I tell him to cum for me, and i'm pretty sure i could hear the sound of his cum hitting his chest. It was so hot. I absolutely love the feeling of accomplishment i feel while i know i got someone off. Nothing makes me feel sexier. And i'm totally a sub.

So, he came, and he's breathing heavy, and encouraging me to cum for him too. Telling me what to do, and what he'd like to do while perfectly controlling my vibrator. But I'm still stuck on that wall and not getting closer. After a while he says he needs to get ready for work soon. He's still encouraging me though. I practically beg him to say for a few more minutes.

He lets out the sexiest laugh and says "you're just a little slut aren't you?" Oh, that's definitely working.

"You just want me to bend you over the edge of the couch, lift up your skirt, and fuck you til I'm dry, wouldn't you?" It's definitely working. I'm right on the edge of orgasm and he turns the vibrator all the way up as he says "cum for me bitch."

And holy fuck did i cum. I let out a high pitch squeak as my eyes cross, my toes curl up, my legs start twitching, and i practically fall out of my chair. This was no normal orgasm. I was a twitching panting mess for a good 45 seconds to a minute and a half. May 5 minutes. I don't know. I've lost all concept of time. I finally come down from my orgasm. He's turned off the vibe and i'm catching my breath. He says. "We have to do this again some time." i reply with "yes sir."

"Good girl." Oh, and here comes wave two. I have a little bit of an orgasm after shock. After that, we said our good bye as he finished getting ready for work.

So, my Friday is going pretty great! How's everyone else's Friday going?

Benefits of transmaxxing as sissy

Males with a humiliation fetish may benefit from going trans. The 'alpha males' sissies desire are actually rather rare and they tend to be into fucking females, you may need to transition to attract these males.

Hormone replacement therapy will also have additional benefits

0. Orgasms will become far more powerful, you will feel it in your entire body.

1. multiple orgasms just from penile stimulation.

2. reduced sex-drive allowing you to gain control over your sexuality.

If you like dick but also like female aesthetics transwomen are your best option but you may need to go trans yourself to get access to that dating market (trans escorts is not a good option).

The fact that lowering testosterone reduces your sex-drive does not mean sex will get worse in any way, the opposite is true. When you are male you are a slave your sex-drive but the actual sex will not be that good, after you transition you have sex because it actually feels really good and not because you are driven insane by testosterone.

A trans girl replied

This is exactly how i feel. Sex is better (hell, i didn't even have a sex life pre-transition) and i can't help but view the reduced libido as a good thing because i feel more in control. Also, i'm just so much happier with my life all around now because my love of self-feminization is so much more than just a kink and now i can appreciate the nonsexual side of femininity a lot more. I was already a small, skinny twink and it made me easier to feminize and i love what a cute tranny i'm becoming. Pre-transition, I looked pretty much exactly like the virgin character from the Chad memes. Anyone else here who was a skinny guy with glasses and short dark hair has probably had that same thought lol. Now my hair is getting longer, and I've been on hrt for about a year. My skin is getting softer and smoother, my acne and facial hair has mostly disappeared, my boobs are growing and my 34A bras are getting a little tight in the cups, my butt is getting softer and more full, my thighs and hips are getting a little thicker, and entire body is just so much softer and more feminized. I love it so much when my boyfriend caresses me and calls me "soft girl". I don't know how it took me until college to realize I was better off femme.

Transitioning made me a very happy person and i love my life so much!!!!

I know i don't fit the classic AGP stereotype because i'm young (21 currently), primarily date men, and I'm shockingly passable. All that being said, i am still very much autogynephilic but that doesn't mean I'm not also dysphoric and genuinely transgender. I may not have known i was a transsexual until i was almost 20 years old, but i knew i was a transvestite as young as 14.

I have had a similar experience to the other people in this thread when it comes to seeing the decreased libido resulting from HRT as more of a blessing than a curse, and living my entire life in girl-mode 24/7 has also gotten me more used to it so i don't get uncontrollably horny all the time, but there is still some fetishization there. HRT didn't kill my AGP, it just put a damper on it along with all my other, less powerful sexual interests.

I still feel aroused by my own feminization sometimes and it's hard not to when the estrogen has been so effective at doing it's job. It makes me horny sometimes when i see myself in the mirror applying makeup and it's not because i see a hot girl, it's because i know that i am her and she is me. Sometimes i'll be wearing really cute girly outfits in public and get so turned on by it that i end up wetting my panties with precum. Sorry if that sounds gross, i just felt it was an important detail to really describe my situation with AGP.

So overall, how do i feel about my decision to transition? I think it was the best decision i've ever made! I feel at peace with myself. I am probably the happiest transsexual you will ever meet.

I feel truly content with my life and cherish every day! I love the beautiful young woman i am blossoming into, and my parents have been very accepting and supportive, they still love me and even call me their daughter now. I am 16 months into HRT, have had my name legally changed, and almost a year into living socially as a woman full-time, and most of my dysphoria has disappeared.

No longer do i struggle with anxiety and insomnia as well. A lot of what i feel now is just gender *euphoria*, quite the opposite of before. Now, it's usually not inherently sexual to me, but when it is, i'm not ashamed of it, i still embrace it. It just feels so blissful, so comforting to me that i can live my life as a very girly, very feminine young lady now. I feel like such a pretty princess and i never want to go back! I never knew life could be so beautiful. I never knew i could be so beautiful. Everything is wonderful now!

Transmaxxing works even if you do not improve your personality

There was a horrifying post i saw ages ago about a cis lesbian cohabilitating with their LT trans girl girlfriend and snooped their computer(apologizing profusely for invading the privacy etc, sweet kinda girl) literally found their not so old incel posts about how they were dating an ugly lesbian but were looking forward to leveling up to a hotter one. She was horrified and blaming herself i couldn't believe what i was reading she was already forgiving 'her'. If anyone knows the post i'm talking about please post it. It still keeps me up some nights.

When you have a higher SMV than your partner you end up with power over your partner, you always have the option of leaving for someone more attractive while your partner would end up with someone less attractive if anyone at all.

Your personality is just one of many factors, you can get away with having an unattractive personality if other traits are desired

You should ask yourself if you really want to adopt a fake personality in an attempt to attract females, it's not even clear what the ideal personality is and constantly playing a role you don't want to play is not good for your mental health. In reality you probably want to change your personality to what most people view as something worse, become more selfish instead of the other way around.

SMV = Sexual Marketplace Value = how attractive you are to the people you want to attract.

A lot of males that struggle with dating due to mental illness would be able to get a good dating life via medical transition, it's a lot easier to make the body more attractive than trying to cure mental illness, don't expect too much from psychiatry and therapists.

Some people need a male to take care of them

When you are too mentally ill or stupid to take care of yourself you need to rely on other people for that, if you are female you can probably find a male that will take care of you and of course also fuck you. You will be spanked when you have been a bad girl and rewarded when you have been a good girl.

Not everyone can be successful and independent, some individuals need to just be subservient to a master, they exist to be used and give pleasure to other people. This will be the end station for some individuals that transitioned from male to female, better than homelessness i suppose.

Some people just need to give up their useless pride, the thing with self-respect and making your own money didn't work out, the only thing you have left now is your body that will be used by someone else, you better get used to having sex with a male because this is all you will get now.

How to extract resources from men

You need to go through divorce legislation in your country to examine what's required to divorce rape him [5](#) prenups written can be invalidated [6](#)

Make him think you two are a team together, manipulate him into taking actions that will be good for you later once you dump that loser. Make him put you as an owner to a house he paid for alone with his money, ask him to pay off any debt you have, manipulate him into giving you expensive gifts.

If you want a free meal you can make him pay for everything. A key part in making this work is to look as good as you can. Wear a dress to all of your dates, heels, use makeup if it makes you prettier. You need to emphasize the difference between you and your date; you are a woman and he is a man. Wear earrings and put on a sexy perfume!

Be a good listener and a good conversationalist. Be interested in them as a person, ask questions, speak softly and in a girly voice, laugh softly, and don't interrupt them. You need to be fun to be around with so that they think that they won't ever think of making you pay the bill because they had a bad time. Even if you feel like the connection isn't there, still be nice to them and treat them well.

If the man you're going out with asks you to split the bill simply tell him that you'll take care of the bill the next time you go out since you prefer taking turns since that's more romantic. Don't appear bitter. Smile as you say this and act feminine! Be sweet, confident, and show him that you desire him non-verbally. 99% of men won't insist that you pay the bill during that time. Of course, there won't be another date. Delete him from the dating app and block his number. You don't need to say anything more to them.

Don't feel guilty about blocking a cheap man. Just remember that men don't feel guilty about using women and playing with their emotions. It's only fair that we reserve the right to block cheap men who won't add value to our lives.

Generally males that are useful when it comes to extracting resources are not actually men you should consider as a sexual partner, thus you may want to use other males for sex/reproduction. By successfully extracting resources for men you will end up with more freedom when it comes to selecting a sexual partner while still being able to properly support all your children financially, the wellbeing of your children is more important than what's currently viewed as moral by society.

One issue with relying on men for resources is that this may incentivize you from taking action that will allow you to make money in other ways that doesn't depend on your fading attractiveness, this is similar to the government welfare trap where you used to getting easy money and thus don't take steps to improve your life long term.

Sex work

Why work a boring job when you can get paid to be sexually humiliated in many ways?

Sex work allows you to turn a humiliation fetish into a profession.

The advantage with the clear honest exchange is that it gives the male far more power over her via his money, she will have to participate in his sick perversions or she will not get any money, the more money he offers the harder it will be for her to resist. While it is humiliating to participate in porn or prostitution other forms of work are more disgusting and pays far less.

Long term relationships are often just glorified prostitution where the female gets resources in exchange for sex, sex that she may still enjoy. Generally prostitution goes against social norms which is why the nature of the exchange is hidden behind marriage sermons and romance bullshit.

Sex work that involves you physically meeting other individuals do however come with risks, in addition to the possibility of being harmed due to violence you also risk getting infected with Sexually Transmitted Diseases. The risks of sex work can be minimized by sticking to online works (cam-sex) or by instead becoming a sugar baby for a male you have verified are safe.

Another issue with sex-work is that often it's illegal to outright buy sex making it more difficult to find clients, in some countries you are not even legally allowed to directly sell sex.

If you have real potential you may benefit from being irrationally hostile to selling your body.

How to attract chad

.What's true when interacting with normal males stops being true when you try to attract elite males in terms of attractiveness, these males have other options and thus you need to treat them well or they will go for someone else. Yes you should probably fake your personality, most males cannot tell.

Wear sexy outfits in public and take good photos of yourself to use for online dating.

Your strategy should be to hook him by being submissive and letting him use you as a toy, he is the one having power over you by virtue of just being really attractive, it doesn't matter that you don't need his money. Figure out what he is into and let him get that.

Do not expect or demand that he provide resources to you, if you need money that badly you should focus on other males that lack better options.

The only reason not to let a chad fuck you when you are androphilic is the STI risk, anal sex is the most risky form of sex and it's also a bit messy. You can still please him by giving him a handjob. You should let him fuck other girls too and you might also want to give him some gifts, not before getting his BWC of course.

As you become more attractive by taking hormones and having the right surgeries you will be able to attract males of higher quality. You might think you will never attract the male of your dreams but one year later you might have his dick in your ass.

Transmaxxing success stories

“When I was an egg the envy got so bad that I started hating women just on principle ‘Like why should they be pretty and cute and I am stuck in hell!’. It caused me to troll women online and act like an MGTOW/Incel/Nice Guy/POS.” [Source](#) / [Archive](#)

“If I hadn't of come out and transitioned I would have likely become the exact epitome of the kind of person that I hate the most right now. I was a straight white neckbeardy 'Why aren't there straight/white pride parades' misogynist douchebag. If I hadn't of come out I'd likely have been the type of guy to bitch about being an incel and *shudders*” [Source](#) / [Archive](#)

“I'm a literal Ex-Nazi Trans Female so I can relate.” [Source](#) / [Archive](#)

“Solidarity comrade. Trust me, I used to be a Nazi even as I was discovering I was trans” [Source](#) / [Archive](#)

“I’ve seen a lot of people go from fascist mra to trans girl on their journeys” [Source](#) / [Archive](#)

“I wonder what percentage of incels are iron-shelled eggs” [Source](#) / [Archive](#)

“I wasn’t a brony. Back then, I was closer to just your run-of-the-mill incel.” [Source](#) / [Archive](#)

“Former incel, current happy trans girl.” [Archive](#)

“A huge amount of the reason I was an incel was because I was a closeted trans girl.” [Archive](#)

“Me in high school. Also was pretty much a nazi. Hated the world. Etc. Now I am a very cheerful and loving trans girl uwu” [Source](#) / [Archive](#)

“Seems like anyone who went to 4chan either grows up to be trans or a white supremacist and there’s zero middle ground.” [Source](#) / [Archive](#)

“i was a fash-adjascent man in my early 20s. 5 years later i’m an anarcho-communist enby.” [Source](#) / [Archive](#)

“Big mood. 4 years ago I was an edgy, right-wing, anti-SJW teen who was borderline MGTOW. Now I’m a gay catgirl dating an anarchist transgirl.” [Source](#) / [Archive](#)

“I’m really obsessed with incels. So many of them are actually repressed trans women it’s impressive.” [Source](#) / [Archive](#)

“Oh hey same. I used to run in neckbeard 4chan incel circles. Now my name is Rebecca and I’m a girl. When did that happen?” [Source](#) / [Archive](#)

“Oh shit, I just realized I went through a Neo-Nazi phase.” [Source](#) / [Archive](#)

“I was more an incel-ish transphobe than anything. Looking back at my past kinda disgusts me, but now I’m good with myself. Honestly makes me wonder how many incels are in trans denial.” [Source](#) / [Archive](#)

“Honestly I think that most incels are transgenders in denial. I never came across a group of men who are so jealous and envious of women. All they ever do is talk about how women are lucky and fortunate. Also most have body dysphoria and hate how they look. If that isn’t an egg about to crack then I don’t know what is.” [Source](#) / [Archive](#)

“the pipeline from nazi to commie trans girl is real” [Source](#) / [Archive](#)

“I honestly don’t know how I escaped my Nazi phase. Anyone with half of a brain would’ve thought I was past the point of no return, but clearly I wasn’t since I escaped.” [Source](#) / [Archive](#)

33 MTF (FFS, BA, 5 Years HRT) Unemployed and depressed boy to thriving professional woman. 2014-2019



“As the old saying goes: 30% of TERFs are closeted trans men and 30% of incels are closeted trans women.” [Source](#) / [Archive](#)

“went from browsing /pol/ for 2 years then /lgbt/ for a while before just deciding to transition. Shits possible man, but personally I think I was just browsing to help repress any sort of AGP related feelings. I told myself I shouldn’t transition because I had to pass on my white genes lol!” [Source](#) / [Archive](#)

“tfw i went from right wing incel to communist catgirl in the matter of just about a year” [Archive](#)

“Former incel here, looking for help” [Archive](#)

“Can I really do Transmaxxing?” [Source](#) / [Archive](#)

“Trannymaxxing to get lesbians is my idea and I hope it spreads.” [Archive](#)

“amab questioning thoughts: 'am I really trans, or am I just a particularly creative incel?’” [Source](#) / [Archive](#)

“I was a borderline ultra manipulative incel before I first realized I’m trans.” [Source](#) / [Archive](#)

“I’ve physically harmed people just like us before I cracked” [Source](#) / [Archive](#)

“i was a raging misogynist for years.” [Source](#) / [Archive](#)

Not only did transitioning save my life, it got me out of incelism

I'm so so so thankful i was blessed with gender dysphoria. When i was living as a man, i was basically hopeless. I had horrible anxiety, i was ugly, i had only one relationship under my belt that lasted 3 months, and we never even had sex, we only kissed before she dumped me.

I started transitioning 8 months ago taking hormones and getting laser hair removal. Since then, i've had 5 sexual encounters with 3 different women. Know why? because i'm a cute girl and not an ugly "man". They were all women who were out of my league when i was living as male, but women these days are super into me.

In short, gender dysphoria saved me. It gave me a life-or-death need to transition, and i was pleasantly surprised to see that being a girl made me more desirable to women

I'm not a woman trapped in a mans body. I'm just a man with bad genetics and childhood traumas

.I just hate being a guy, hated myself, and decided to gender transition as soon as i realized it was an option. Saw it as an escape from myself.

Didn't 'always know' and didn't play dress up as a kid nor had especially feminine interests. Sure i hate sports and being competitive but that's just because i'm weak and passive. Prior to transition i was mostly into escapism fantasy because life sucked and i wish i wasn't born. This is just another distraction and escapism. Planned to check out early then transitioned instead. Still here and in the best shape of my life. Transition has caused me to take much better care of my body, diet, exercise, and improved my social life. Has been a total win going from a 2/10 male to 4/10 trans woman.

I don't recommend transition to anyone if they can make their life as a guy work but if your life is total shit and you think you might be happier with existing it's something to consider.

Never wore or had any women's clothing until my early 30s. When i was in high school i dreamed about having a girlfriend but never dated nor masturbated. In my 20s i started to worry it wouldn't 'just happen' so i tried to meet women and date without much success. Dated women and i thought they were attractive but i didn't want to have sex, only cuddle. Had sex a few times in my late 20s but didn't enjoy it and didn't orgasm. I also never had an orgasm from masturbating until my late 20s when i finally figured out how to. Unsure why. My penis always felt sort of numb, disconnected, and scared me a little so i didn't play with it. After all the trouble dating and with sex i thought I'd be single forever. Dating and sex wasn't any fun, just stressful and gross even tho i felt lonely and wanted a relationship. Later on i discover transgenderism and start crossdressing. Like how i looked a lot, feel much better about myself and appearance. Decided i hated being a guy and liked the 'woman' me more so i transitioned. Didn't think much about dating guys because that was gay and i grew up with homophobic Jehovah witness parents and i just wanted to have a normal hetero relationship. Despite trying and failing to find a girl friend/wife in all my 20s i found a boyfriend nearly effortlessly in my early 30s living as a woman. Dating and sex is fun and enjoyable.

I pass fairly well and never get hassled or misgendered in public. Have trouble thinking of myself as 'gay' being a male with a male, i like having a boyfriend and getting fucked by him but i only see myself as a woman with a man? Is that the AGP? I feel some attraction to women but i don't want to have sex with them, i just admire them and want to be more like them?

All the trans people i meet talk about knowing from a young age and dressing up and what not. I had no idea, stumbled into it by accident well into adulthood and decided i hated the guy thing and wanted to be a woman.

Anyone relate? I feel like such a weirdo even within a tiny fringe community.

I love being a cute girl

It was like going from watching a movie without colors and sound to watch a 4K movie with nice audio. I love how orgasms feel now when i am a girl, i didn't think sex would be this good.

I went from being depressed and taking drugs to now only taking estrogen and cypro. I cannot wait to up my dosage.

I love wearing panties and lingerie, i am so much happier now when i can be myself and use the clothing i love.

I was always meant to be a girl, this is why everything felt wrong and nothing really worked out in the past, my brain was meant for female hormones. I didn't realize how much testosterone made me suffer until i finally switched to correct hormones.

I have wanted a female body for a long time and now i am making that dream reality.

I didn't feel like i was a girl until i was on estrogen

Now when i think back i remember wanting to be a girl a long time but i never really felt like i already was one, like i wasn't really transgender, i thought it was just a fetish or that i was doing it to get a girlfriend.

Once i have started estrogen i started to feel differently and i started to view my self as a girl, it wasn't really that my body changed. I think it was the testosterone that messed up my brain, once i had the right hormones things became clearer and i started to understand that i had been a girl trapped in a male body all along.

I used to just imagine being a girl but i discarded it as just a fetish even when it was other stuff like using a girl character in game, i now see how stupid that was, i was in denial for a very long time. Getting a girlfriend was nice but the main benefit was feeling better mentally, i was able to stop taking antidepressants. I also found a girlfriend and now we have been together for 7 months, we have been transitioning together and it has been amazing. I love how my body is changing, each day i become more like my true self.

I used to have trouble socializing (got diagnosed with autism) but now that's a lot easier, i think it's because i am more comfortable with my body and no longer depressed.

Testosterone really confused me, it changed me into something else than the real me, i was always meant to be a girl.

Leslie's story

Although Leslie was born male, she began to try to pass as a female, initially by tucking, using a gaff (device that hides the [mooseknuckle](#)), cleavage enhancement, hip and buttock padding, crossdressing and using breast prostheses; later by going through a physical transition. Leslie felt that her penis and balls were useless body parts that served no purpose. The pointlessness of her male genitalia is what triggered gender dysphoria in her. Leslie did this because she struggled to gain the attention of women. She believed it wouldn't be too difficult to change gender identity as she already had a small frame, and had minimal secondary sexual characteristics. She specifically said that being male "sucked" because of the prolonged sexlessness. She also said that if she had not altered his/her gender identity, the trauma of incelism was so bad she considered going to Belgium or Switzerland as these two countries are considered the easiest places for entering a "mercy killing" or "suicide tourism" arrangement. In Leslie's words, the research they had done suggested both countries were considered the "euthanasia capitals" of the western world. Transitioning made Leslie change her mind. She began to understand why prostitution is usually a 1-way street of men buying sex from women; not the other way around. It's because of the mismatch in demand, Leslie posited. Becoming a woman she learnt first-hand that the ease of access to sex was as different as night and day between men and women. Women are stupendously privileged in this regard as Leslie soon found out. Leslie decided to transition because she wanted to experience this female-specific privilege for herself. After changing gender identity, she had no difficulties attracting partners of either sex. Leslie was no longer lonely. She specifically said, and emphasized, that she would have never transitioned had it not been for the inexhaustibility of male incelism. Leslie felt that some of her earlier traits as a male, which made her repulsive or off-putting to potential suitors, such as shyness and awkwardness, suddenly were seen as tenable traits in the dating scene. Leslie's transition according to her e-mail has been successful and she now happily lives as an allosexual sex-having passing transwoman. According to Leslie, from her tweens, to her teens and during early adulthood she was completely a cisgender man. Only once Leslie reached their [tricenarian](#) years did they begin doubting the viability of their gender with regards to prolonged loneliness, thus subsequently decided that transitioning to a woman was the right choice.

Most males are already obsolete

With the technological advancement the majority of males are becoming increasingly useless and even a burden on society as a whole. Their Bodies are no longer needed for physical work and males as a group do not have any major mental advantages over females.

<https://trustyourperceptions.wordpress.com/2013/09/01/dudesaredoomed1/>

Reproduction

Most males are genetically ill-suited for reproduction and 1% of the male population is enough to impregnate all females that want kids. The fact that most males reproduce today is due to culture and this end up ruining upcoming generations genetically

<https://psmag.com/environment/17-to-1-reproductive-success>

<https://www.dailymail.co.uk/health/article-2126761/Bertold-Wiesner-British-scientist-fathered-600-children-donating-sperm-fertility-clinic.html>

Work

Most males do not do work that cannot be done by females, there are a few areas where males are difficult to replace but less than 5% of the male population is needed to do these jobs.

Why pay a male to do a job when you can have a machine do the job cheaper and better?

A lot of males today are not even net tax-payers, they end up using more resources from the government than they provide in taxes. Many males find themselves alone without any real purpose in life, they just exist and when they die nobody will miss them.

Sex

Males have far higher sex drive than females partly due to higher testosterone, if males on average want sex once per day while females want it once per week 85% of males would be obsolete when it comes to sex if it wasn't for the monogamy norm (which may be collapsing as i write this).

The solution

There are a number of options, many of these do not properly replace the male need for a female and non of them allow for reproduction. From best to worst:

1. medical transition from male to female
2. porn, masturbation, sex toys.
3. escorts
4. going gay
5. zoophilia
6. raping females
7. suicide

option 2,3 and 6 does not offer any real validation, not sure about 4 and 5. Escorts are expensive and in many areas buying sex isn't legal and you may put yourself in legal danger by using these services. Most males prefer human females and thus 4 and 5 are not a good option for most people, zoophilia is also against the law in a lot of countries.

If we do not want males to to for 4 to 7 we should encourage option 1 to 3, not doing so would be highly irrational.

The biggest issue with solution 1 is that it stops being a good option as you get older, it's great when you are young (12 to 23 mostly) but at 30 it will be very difficult to ever pass and you may not become that attractive as a transwoman.

Involuntary Celibacy

The word "incel" is very problematic since a lot of self identified incels have very toxic views that would get them a quick ban here if expressed. We are still willing to help individuals who hold these problematic beliefs, it is possible that many of them would change their personalities for the better after correcting their hormones (higher E, lower T).

Incels is/was short for "involuntary celibate" but it's not clear when it's "involuntary" and what counts as "celibacy", what if you hire an escort?

The rational way to deal with these problem is to simply look at your last year

How much sex do you want?

How much sex did you actually get?

How was the quality of the sex you got?

How much did the sex cost you? (direct and indirect expenses).

You don't need to be a kissless virgin to benefit from medical transition, how functional your sexlife is as a male is just one of the factors to consider.

Dysfunctional sex life can have other origins that simply being unable to attract a partner you like for sex, some people find out that they cannot properly enjoy the sex when they are male.

Sexual reasons to transition are valid

Sex is a basic human need and if you cannot have a good sex life because you are male you need to consider medical transition as a solution. Not being sexually satisfied is bad for your mental health, it's even bad for your physical health.

<https://www.healthline.com/health/healthy-sex-health-benefits>

You not being sexually satisfied as a male can be due to several factors

1. failure to attract females (cis/trans)
2. testosterone ruining your orgasms (only a single weak orgasm from penile stimulation).
3. you not properly enjoying sex when your body look like a disgusting male.

If you get aroused by the thought or image of yourself as a female you should absolutely consider transition just for sexual reasons even if you don't have any other form of gender dysphoria.

Why suffer as a male when you can be a cute girl?

Transition due to mental illness?

First we need to recognize that a diagnosis with a mental disorder is not evidence of anything being wrong with the brain, the disorders outlined in dsm-5 are not scientific and no objective test is done prior to giving a diagnosis.

<http://cepuk.org/unrecognised-facts/diagnostic-system-lacks-validity/>

Because of that we cannot blame gender dysphoria on things like “autism” when there isn’t any objective test to determine if someone actually suffers from autism and even if we would discover a such test (which cannot exist since the disorder itself isn’t valid as used now) it would be difficult to establish a causal relationship.

People who are diagnosed with narcissism are more likely to transition

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4301205/>

Being cis can be a mental illness

Being unwilling to transition even though it would be beneficial for you is a mental illness since it significantly affect your life in a negative manner.

It’s not clear why so many people are so unwilling to transition even though they would clearly benefit from it. One explanation for this is people having their gender as an important part of their identity and then changing your sex becomes almost unthinkable.

The degeneracy factor

Gay males are already degenerate in the sense that they are not really into reproductive sex.

This degeneracy factor explain why they are more likely to transition, it's not that they have more gender issues than the average male (the opposite is probably true).

If they transition early their dating pool will widen and increase in attractiveness due to the female dating advantage and the fact that the gay male dating pool is more limited in numbers.

One risk is "autoandrophilia", if they are directly attracted to men they might prefer having a male body, it's likely that these individuals mostly do not transition in the first place. Autoandrophilia could be a reason for why many gay males with gender issues desist at puberty, they start finding male bodies (including their own) sexually attractive.

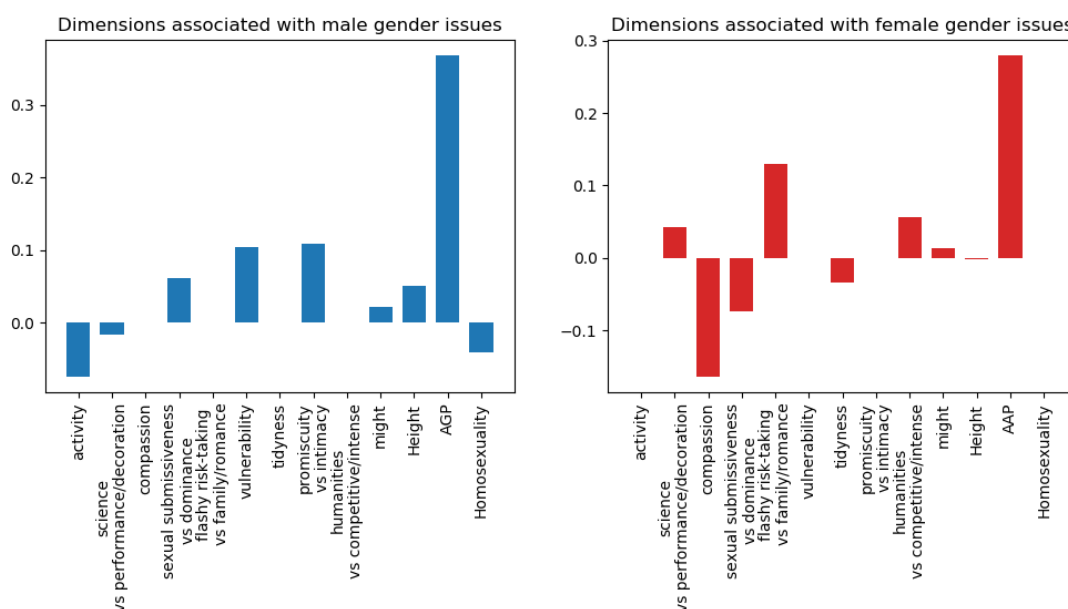
If you are rejected constantly by straight guys because you are male that may cause body dysphoria and there is no denying that many of these guys would be willing to have sex with you if you actually transitioned.

If you have internalized homophobia you might feel like it's wrong for you to have sex with men when you are a male yourself.

It's also likely that many gay males who want to transition lie about having gender dysphoria to be viewed as valid, they might also lie to themselves.

If a gay male is less attractive he might view him not finding himself attractive as dysphoria and thus transition, once female she will get a lot of male attention and validation and thus feel better about her body.

Failed heterosexual males often have no real chance of reproduction and this will make it more prone to transitioning since they are about to die childless anyway. If you instead have a wife and want to have children you might instead repress despite severe gender dysphoria.



If you have a wife you are happy with you might feel like it's wrong for you to transition and ruin a relationship (if it's working). Even if your wife claim to support your transition she might still end up leaving you if you do because she is simply not attracted to females.

If you instead are a loser male with no real purpose in life there isn't any wife that would leave if if you decide to become a girl and you might not have any friends to lose either. Thus we can expect that people are less likely to repress when their lives are really bad as males.

How to do Hormone Replacement therapy

First off you need to raise your estrogen levels, there are several options for this (0 to 4).

If you take estradiol orally it's better to spread it out over the day (2 or 3 times a day) instead of taking it all at once, especially at higher dosages.

You do not need official prescription to start on hormones in most countries, typically it's easy and safe to simply buy it at an online store

<https://transit.org.uk/hrt-internet.html>

Months since start: recommended regime

0: 2mg/day oral estradiol valerate 25mg/(12h) bicalutamide (50mg/day)
1: 2mg/day oral estradiol valerate 25mg/(12h) bicalutamide (50mg/day)
2: 3mg/day oral estradiol valerate 25mg/(16h) bicalutamide (average 37.5mg/day)
3: 3mg/day oral estradiol valerate 25mg/(16h) bicalutamide (average 37.5mg/day)
4: 4mg/day oral estradiol valerate 25mg/(24h) bicalutamide
5: 4mg/day oral estradiol valerate 25mg/(24h) bicalutamide
6: 5mg oral estradiol valerate 25mg bicalutamide
7: 5mg oral estradiol valerate 25mg bicalutamide
8: 6mg oral estradiol valerate 25mg bicalutamide
9: 6mg oral estradiol valerate 25mg bicalutamide
10: 6mg oral estradiol valerate 25mg bicalutamide
11: 7mg oral estradiol valerate 25mg bicalutamide
12: 7mg oral estradiol valerate 25mg bicalutamide
13: 8mg oral estradiol valerate 25mg bicalutamide
14: 8mg oral estradiol valerate 25mg bicalutamide
15: 9mg oral estradiol valerate 25mg bicalutamide
16: 10mg oral estradiol valerate 25mg bicalutamide
17: 11mg oral estradiol valerate 25mg bicalutamide
18: injections with estradiol valerate or estradiol cypionate 7mg every 5 days
19: injections with estradiol valerate or estradiol cypionate 7mg every 5 days
20: injections with estradiol valerate or estradiol cypionate 7mg every 5 days
21: injections with estradiol valerate or estradiol cypionate 7mg every 5 days
22: injections with estradiol valerate or estradiol cypionate 7mg every 5 days
23: (final regime): injections with estradiol valerate or estradiol cypionate 7mg every 5 days and also take 200mg Micronized Oral Progesterone rectally before going to bed

0. estradiol cypionate injections

These are hard to get your hands on but might be your best option after 6 to 24 months.

1. Estradiol valerate injections

7 mg (0.18 ml) every 5 days, each vial for 9 months.

This dosage gives average blood estradiol level as from oral estradiol about 20 mg/day, but is much less expensive, 35 times less expensive than the cheapest estradiol pills in InHousePharmacy. This dosage is enough high to suppress testosterone production by testicles completely without antiandrogens. 7 USD/month for safe highly effective MtF HRT.

<http://lena.kiev.ua/EV/>

<https://youtu.be/hgBLNhpMk3c>

2. Oral estradiol valerate

Take 2 to 12 mg/day orally, you can start on lower dosage and increase.

<https://www.inhousepharmacy.vu/p-1109-progynova-tablets-1mg.aspx>

<https://www.inhousepharmacy.vu/p-1120-progynova-2mg-3x28s.aspx>

<https://www.alldaychemist.com/progynova-2mg-tablet.html>

<https://www.unitedpharmacies.md/Estrofem-Oestradiol.html>

<https://otc-online-store.com/proginova-estradiol-valerate>
<https://www.4nrx.md/womens-health/progynova-estradiol-valerate.html>

3. Oral estradiol

It's stronger than estradiol valerate so the dosage has to be about 30% lower

Months since start: dosage

0: 2mg/day
1: 2mg/day
2: 2mg/day
3: 3mg/day
4: 3mg/day
5: 3mg/day
6: 4mg/day
7: 4mg/day
8: 4mg/day
9: 4mg/day
10: 5mg/day
11: 5mg/day
12: 6mg/day
13: 6mg/day
14: 7mg/day
15: 8mg/day

<https://www.inhousepharmacy.vu/p-165-estrofem-1mg-tablets.aspx>

You probably shouldn't combine nicotine with estradiol (at least not oral) since then it might become far less effective <https://pubmed.ncbi.nlm.nih.gov/15638743/>

4. Ethinyl estradiol

60µg/day is enough to alone suppress testosterone enough to achieve chemical castration.

<https://www.inhousepharmacy.vu/p-962-diane-35-21s.aspx>

Anti-androgens

If your testosterone is too high you need an additional anti-androgen to lower it. Use "cyproterone Acetate" (up to 12.5mg/day), "Goserelin Acetate" or "bicalutamide" (up to 50mg/day).

<https://www.inhousepharmacy.vu/p-131-siterone-tablets-50mg.aspx> (split the pills into smaller dosages).

<https://www.inhousepharmacy.vu/p-98-calutide-50.aspx>

<https://www.4nrx.md/mens-health/calutide-bicalutamide.html>

Unfortunately "Goserelin Acetate" which also go by the names lupron, Zoladex is expensive and difficult to get if you do not have an official prescription. It's unclear if it's actually better than bicalutamide despite being significantly more expensive.

Breast growth

Vandenberg (2006) found a non-monotonic response of size of breasts developed as a function of the dose of exogenous estrogen administered to ovariectomized female mice. Size of breasts was smaller in mice administered the highest dose of estradiol than mice administered an intermediate dose. The optimum dose for breast growth in humans can not be extrapolated from this study because metabolism of pharmaceuticals does not scale linearly with body mass and the growth of the human body is slower than that of mice. This result suggests the hypothesis that to maximize breast growth in transsex people it can be appropriate to use a lower dose of the estrogen or increase the dose slowly. However many HRT regimes rely on the estrogen to suppress endogenous androgens; therefore, starting with low dose of an estrogen potentially risks some degree of continued masculinization and sub-optimal feminization.

https://male-to-female.org/en/mtf_pharmacology

<https://academic.oup.com/jcem/article/97/12/4422/2536439>

There is also some anecdotal support for this but having to use an anti-androgen is far from ideal since these are expensive and come with side effects.

<https://www.youtube.com/watch?v=fefu33e8O-0&t=1830s>

<https://powersfamilymedicine.com/s/Healthcare-of-the-Transgender-Patient-V60.pptx>

Progesterone

You may want to take Micronized Oral Progesterone if you are not on Cyproterone Acetate. The current recommendation is to add progesterone after 1 to 2 years.

dosage: 200mg Sublingual (under the tongue) or rectal QHS at bedtime

<https://academic.oup.com/jcem/article/104/4/1181/5270376>

Estrogen and mental health

Estrogen is neuroprotective and can be used as an anti-psychotic in both men and women

<https://www.sciencedirect.com/science/article/abs/pii/S0920996410015847>

The current 14-day randomized placebo-controlled trial in 53 men with schizophrenia was conducted to evaluate the efficacy of 2 mg oral estradiol valerate as an adjunct to atypical antipsychotic treatment. Results demonstrated for estradiol participants a more rapid reduction in general psychopathology that occurred in the context of greater increases in serum estrogen levels and reductions in FSH and testosterone levels.

Studies showing HRT has insignificant effect on cognitive performance:

<https://www.sciencedirect.com/science/article/abs/pii/S0165178105002714>

<https://www.sciencedirect.com/science/article/abs/pii/S0018506X98914787>

<https://www.sciencedirect.com/science/article/abs/pii/S0306453098000912>

<https://www.sciencedirect.com/science/article/abs/pii/S0018506X06001413>

This study shows that testosterone had an enhancing, and not quickly reversible effect, on spatial ability performance, but no deteriorating effect on verbal fluency in adult women (FMs). In contrast, anti-androgen treatment in combination with estrogen therapy had no declining effect on spatial ability, nor an enhancing effect on verbal fluency in adult men (MFs).

Some people may get aroused at the thought of becoming physically and emotionally weak and thus tell themselves they are getting dumber when they are not.

Other individuals were mentally weak long before they started on hormones, they transitioned because they cannot really make it as males (the difficulty will keep going up).

You can keep it doing exercise or complement your HRT with stanozolol or oxandrolone (like cis female bodybuilders).

Safety

Transgender Hormone Replacement therapy is significantly safer than taking birth control pills as cis female

<https://www.prnewswire.com/news-releases/studies-find-that-transgender-hormone-therapy-is-less-risky-than-birth-control-pills-300770439.html>

<https://www.nytimes.com/2019/01/09/well/live/hormone-replacement-skin-patches-dont-raise-risk-for-blood-clots.html>

Suicide attempt rate

There is no proper recent study on the actual rate which trans individuals actually die from suicide, instead the self-reported suicide attempt rate is looked at, a suicide attempt isn't always serious and people may over-report <https://pediatrics.aappublications.org/content/142/4/e20174218>

Unsurprisingly according to that study trans-men are far more likely to attempt suicide than trans females, most detransitioners also seem to be FtM, this is to be expected.

Trans individuals often suffer from co-morbid mental disorder and this may be part of the reason why they are more likely to report suicide attempt rate. People diagnosed with a mental disorders are far more likely to get harmed by psychiatry which is likely to result in higher suicide attempt rate.

<http://psychiatry.vintologi.com>

The reported suicide attempt rate does drop to the same as the general population among individuals who get strong parental support

https://www.researchgate.net/publication/284551812_Impacts_of_Strong_Parental_Support_for_Trans_Youth

LGBT individuals tend to give shocking and false answers in surveys

<https://journals.sagepub.com/doi/abs/10.3102/0013189X14534297?journalCode=edra&>

This is another explanation for the high reported suicide attempt rate (about 40%).