

For better and for worse Dysphoria*

I am a man.

My name is Miki, but I was born Michela.

I changed my name to Miki because at a certain point Michela became a straight-jacketed name for me. I chose a neutral name and despite the fact that the identity documents display Michele, for everyone I am Miki.

My transition process is similar to the one of many transgender people, although each process is unique and different from each other. Apparently, it is a contradiction but, in real life, it isn't so.

At the age of 5, I already perceived 'my diversity'. At 13 years old, I had the demonstration that it was not a simple feeling but a reality that caused me unbearable distress so that the accumulated and growing anger led me to the use and abuse of drugs.

In those years, I didn't know the reason for my distress and my suffering. I thought I was a lesbian girl and this fomented my worst sentiments instead of calming me down. For a long time, self-destruction was my maxim, and I was convinced that there was no chance for me to live a peaceful life.

When I understood the use of the web, I tried to do research. So, I found a group of guys FtM. I joined the group and only a short time away we met face-to-face. For me, this was the moment of the turning point.

There was a boy, named Stefano, who had finished his transition process and other boys that were at a good point, some others were at the beginning. Thereafter my transition at the ONIG started.

It was a real rebirth, most of all it was an interior rebirth.

As regards the working context, it has not been simple as I work in a gym, that is a quite sexist and narrow-minded work environment. It is also prejudiced against who is not "in accordance" with the idea that society foists on us: the culture of the alpha male and the female who is princess and servant at the same time.

Since I didn't correspond to these stereotypes, they must have thought about what everyone thought about me, that is that I must be a lesbian.

I don't like sexism, I don't share bar sexism and, in this case, gym sexism, but I desired not to be excluded from being a woman. I've never been a woman. I've never felt like that.

I've always been a man and I wanted my place among the men, so sometimes I pushed on the stereotype of the macho man. I felt I had to demonstrate something... but I got wrong in demonstrating until I realized that my role, my job, could become the occasion to stimulate the integration and not the diversity. I was and I am a man, but I have inside of me a mixing of male and female sensibility. This balance is what is offered when I am with the others.

As regards the changing in my body, I must acknowledge that people who came to the gym have never offended me, on the contrary everything has been really natural.

* The following self-narrative account was translated into English by Matilde Baldi.

Everyone pleasantly accepted the signs of a new identity for me and with me. Hence, I think and I am convinced that lots of people had understood my distress before than me.

I've been very lucky compared to other people who start the transition process. One not always finds smart individuals who look at the other for what one is, outside of the schemes and prejudices. A transsexual person is not an insane, depraved being. Also, from this point of view, women are the most penalized. To find or to preserve a job is quite simple for a man, for the fact itself to be a man. But a man, who leaves his gender to become a woman, seems to be quite obliged to pay further prices from a socio-cultural and, in particular, economic point of view.

We always say that there still is a lot to do. It is really like that, so we are right if we say it and repeat it! For this reason, we are going to repeat this concept until the culture of law is really across-the-board. Identical to everyone! Maybe this is the most difficult and necessary transition. This is the transition to which everyone is called. To summarize, a gradable, deep and real change that needs to arise from the dysphoria towards injustices and inequality.