

RECOVERY SUPPORT SESSION: PART TWO

EVERY BODY'S JOURNEY: INCLUSIVE RECOVERY FOR TRANS AND GENDER DIVERSE PEOPLE



DISCLAIMER

This resource is a living document and is open to change. It was created by staff from the Body Brave and Trans Wellness Ontario communities and may not be fully representative of the spectrum of experience. Language is always changing and definitions evolve over time and may be different for each person and community. For this session we use "transgender and gender diverse (TGD)" to describe this community. If you have any suggestions to improve this resource or lived experiences that you don't see represented here, please email us at info@bodybrave.ca.

Gender Euphoria as a Recovery Tool

Many conversations about trans and gender-diverse people focus on gender dysphoria—a valid and real experience. But it's only part of the story.

Equally important is gender euphoria: the joy, comfort, and confidence that come from being seen and affirmed in your identity. It can be a powerful force in recovery.

You might feel gender euphoria when:

- You wear something that feels like you
- Someone uses your correct name or pronouns
- You feel at ease in your body or how others see you
- You receive care that respects your identity

"Gender euphoria makes it easier to be present in my body—because I want to live in it, not escape it."



Affirming your gender
=
strengthening your
recovery.

Reimagining Recovery Through Euphoria

Traditional ED treatment often focuses on symptom reduction. But what if recovery could also mean building more joy, more authenticity, more comfort in your body?

Let’s reframe some recovery ideas through a gender-affirming lens:

Traditional Focus	Gender Euphoric Reframe
Stop restricting	Fuel your body so you can show up as your full self
Accept your body	Create a body/life that feels congruent and affirming
Cope with urges	Seek gender joy—paint your nails, wear your binder, try a new look
Challenge negative thoughts	Affirm: “I deserve care because I am me”
Restore weight	Build strength and energy to pursue your goals and identity



Practices for Cultivating Gender Euphoria

These are small tools and rituals to help you build connection, joy, and safety in your body:

- **Affirmation Anchor:** Write one statement that affirms your gender and keep it visible during hard moments
- **Clothing Exploration:** Try on outfits in private that make you feel powerful, soft, strong, or aligned
- **Soundtrack of Self:** Make a playlist that feels like you—listen when you're anxious or disconnected
- **Mirror Time:** Instead of avoidance, try brief moments of neutral or affirming gaze
- **Joy Journal:** Track when and where gender joy shows up. What helps it grow?

You don’t need to wait for transition or external validation to build these practices—though both can help.

★ Time to Reflect

Take a moment to reflect or journal on any the following:

- When have you felt gender euphoria—no matter how small the moment?
- What helped you feel more “you” in that experience?
- How could you intentionally add more of those moments to your day or week?



Affirmations for Gender Affirming Recovery

Use these as mantras, mirror statements, or reminders:

- *"I am allowed to take up space in a body that is mine."*
 - *"My gender is a source of strength, not shame."*
 - *"Recovery is not about erasing me—it's about finding me."*
 - *"I deserve nourishment in the body I have right now."*
 - *My gender identity is valid at all stages of my recovery.*
 - *I can move at my own pace—there's no one way to recover.*
 - *My voice, experience, and identity matter.*
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FURTHER LEARNING

- [Why Transgender People Face Higher Risks of Eating Disorders](#)
- [Embracing Euphoria Amidst Gender Transition](#)
- [Discovering Gender Identity in the Face of Eating Disorder Recovery](#)

TRANS AFFIRMING ORGANIZATIONS

Ontario

The 519

- Low Barrier Legal Clinic: Gender Affirming Care, Human Rights, Immigration
- Social/Community Based Support

<https://www.the519.org>

Rainbow Health Ontario

- Transition Resources (Physical, legal and social).
- Service Provider Directory
- Training for Clinicians
- Trans Health Knowledge Base

<https://www.rainbowhealthontario.ca>

Trans Wellness Ontario

- Trans Wellness Ontario is a mental wellness organization that provides low barrier support such as counselling and support groups to individuals and families in the Windsor-Essex area.

<https://www.transwellness.ca>

Friends of Ruby

- Mental health and social services for LGBTQ+ youth in Ontario (Toronto based, some virtual services)

<https://www.friendsofruby.ca>

LGBT Youthline

- YouthLine offers free support through our Ontario-wide 2SLGBTQ+ peer-support HelpLine.

<https://www.youthline.ca>

North America

FED Up Collective

- Support groups for people 18+ years of age (including BIPOC specific groups) and resources for trans+, intersex, and gender diverse people living with eating disorders.

<https://fedupcollective.org>

Trans Lifeline

- Trans Lifeline's Hotline is a peer support phone service run by trans people for our trans and questioning peers. Call if you need someone trans to talk to, even if you're not in a crisis or if you're not sure you're trans.

<https://translifeline.org>