The Myth of Trans Regrets

Based on a 2011 study of 448 individuals performed by Gender Advocacy Training & Education

**Myth:** A number of transgender people are beginning to admit that choosing to transition ruined their lives.

94% of trans people reported an improvement in their quality of life due to transitioning

96% answered that their sense of wellbeing improved

**Myth:** Transitioning will make a person bitter and depressed.

9 out of 10 responded that their overall personality improved due to transition

85% described their emotional stability as "improved" (11% reported no change)

**Myth:** Transgender people don't really want to change their body, they just get pressured into it.

Transition Satisfaction Rates

- 96% overall
- 97% hormone therapy
- 96% chest surgery
- 90% genital surgery


For more information, go to transstudent.org/graphics