

**From:** Lisa Littman <lisa.littman@gmail.com>  
**Sent time:** 04/01/2019 08:37:25 AM  
**To:** Lisa Marchiano <timetodream14@gmail.com>; Jamie Shupe <jamie.shupe@yahoo.com>  
**Subject:** Re: Sharing A Powerful Realization

---

Thanks James, for everything you are doing! Your voice is so incredibly important. Yes, this is very helpful information. It definitely makes sense for what parents and detransitioned people say regarding how their child's or their own dysphoria became worse when they started to identify as trans.

Take care of yourself,  
Lisa

On Mar 19, 2019, at 7:51 PM, Lisa Marchiano <[timetodream14@gmail.com](mailto:timetodream14@gmail.com)> wrote:

Thanks Jamie. That makes so much sense. Thank you for all you do. I hope you are feeling better these days.

Lisa Marchiano, LCSW, NCPsyA  
*Jungian Analyst*  
[215-779-0271](tel:215-779-0271)  
Writer at [Quillette](#)  
Podcaster at [ThisJungianLife](#)  
Blogger at [TheJungSoul](#)  
Blogger at [Big Picture Parenting](#)  
[@LisaMarchiano](#)  
[www.lisamarchiano.com](http://www.lisamarchiano.com)

On Mar 19, 2019, at 6:50 PM, Jamie Shupe <[jamie.shupe@yahoo.com](mailto:jamie.shupe@yahoo.com)> wrote:

Lisa and Lisa, I thought I would share this with you two because of your work in mental health.

When I got to Florida in July, the DMV gave me a choice of either male or female because of the non-binary issue. I chose female because the federal government was carrying me that way. Plus I was still on hormones. And to confess the whole truth, I also did it as a protection mechanism for the non-binary thing.

So even though I was presenting as male, using male facilities and back to male for all intents and purposes, I largely thought of my body as female because of the official "female" designation. The designation also played with my head that I needed to continue to do what I could to make my body appear female. In other words, the mere designation alone induced gender dysphoria.

Fast forward to January 2019 and I officially desist back to male. At first, I joked around about my body. Saying things like "the men in my retirement community have boobs as big as mine, this is no big deal." But as the weeks have went on, I've entered into something entirely different. I'm now distressed about having breasts on my male body because of the male designation.

So I just wanted to share this with you two to give you insight into how profound of an effect that just the designation alone has had on me. Please think about that in regards to these children.

I hope you two are well.

Jamie