

Caitlyn Jenner

❖ *The iridescence of a self-embrace is breathtaking* ❖



@Caitlyn_Jenner



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WEB: www.caitlynjenner.com

SUMMARY

Self-made Olympian, world-record athlete, TV personality, actor, spokesmodel, sports commentator, producer, motivational speaker, author, entrepreneur, charity fundraiser, nonprofit board member, transgender activist, father/stepparent to ten, and grandparent of three. Inducted into six halls of fame, including U.S. Olympic Hall of Fame and U.S. National Track and Field Hall of Fame, and winner of ESPY Awards' "Arthur Ashe Courage Award" 2015 and AAU's James E. Sullivan Award 1976 (known as the "Oscar" of sports). Thoughtful, disciplined, reflective, and encouraging, seeking to live authentically and role-model self-acceptance changes and bravery to youth everywhere.

TRANSFORMATION PROCESS

Self-Identity

- Exhaustively examined male/female concepts as received and reinforced by parents and family, childhood playmates and caregivers, schoolteachers and administrators, and television, radio, print media, and other social outlets
- Critically compared birth features against mainstream expectations of femininity, dealing with internalized shame/self-loathing for shortcomings and grief over missing or incongruent gender "markers" (breasts/genitals, musculature, facial/body hair, vocal pitch, bone structure, hormonal differences, menses, ability to conceive, etc.)
- Sorted through overt and nuanced differences between crossdressing and transgenderism to determine self-identity
- Evaluated wide-ranging ramifications of full self-acceptance, including loss of romantic intimacy, affection from and comfort with family members, respect of sporting peers and professional colleagues, public/media outcries, and the perceived selfishness of living authentically

Medical Impact

- Underwent numerous surgeries with limited support while also struggling to hide or downplay longed-for results to curtail premature media scrutiny, retain transition and personal adjustment privacy, and buy much-needed time for difficult coming out processes with loved ones
- Endured extended periods of painful electrolysis in visible areas of face and body while fighting vigilantly to safeguard privacy and juggling the terror of discovery ensuing from maintaining a high public profile simultaneously
- Considered and researched genital reassignment surgery, dealt with grief associated with each less than desirable outcome option, and fielded unwelcome, intrusive, and indelicate inquiries related to the topic
- Entered extremely vulnerable conversations with countless medical professionals to update records, seek guidance, and plan or undergo procedures; faced loss of existing medical practitioners who are unsupportive/indiscreet

Physical Investments

- Invested considerable time feeling awkward and emotionally challenged while learning expressions of new identity: social mannerisms, walking/running in heels, body language, carriage/postures, makeup techniques, hairstyles and skin treatments, nail care, vocal pace/tones, sentence structures, linguistic inflections, and photography poses/angles
- Researched flattering fashion options and spent exorbitant funds to replace entire wardrobe, including shoes, purses, and other accessories that are media and red-carpet ready
- Purchased new luggage, jewelry, home décor and furniture, sport accessories and equipment, hairstyling and vanity tools, hair products and accessories, makeup and makeup tools, nail polishes, and bath and body products
- Increased physical security measures, including public escorts and remote real estate with controlled access
- Deliberated physical intimacy options, including new sexual expressions, mannerisms, approaches, products, and responses, while preparing to navigate extremely vulnerable conversations and tricky emotional scenarios

Relational Risks

- Extensively reflected on impact to marriage and marital partner's income, social status, social comfort, and intimacy/affection/support needs, weighing personal health against keeping the status quo and meeting expectations

- Risked serious financial impact to children's careers, futures, public perceptions, and "brands" (supermodels, TV stars, reality TV show members, endorsements, clothing and retail businesses, employees/employers, etc.)
- Caused marital partner's, children's, grandchildren's, siblings', and mother's dysphoria and pain when "dad", "husband", "brother", and "son" were reevaluated and questioned during coming out adjustment phase
- Handled grief, anger, frustration, confusion, and sadness over perceived losses by family members no longer in a traditional type family structure, who are thrust into their own coming out processes to others about the changes
- Lost warmth, affection, trust, and/or communication from family members while they adjusted to transition news

Professional Impact

- Weighed the emotional impact and potential losses of Olympic medal, income of world-renown Bruce Jenner brand and its licensing opportunities, and public trust, acceptance, and confidence in and of new gender identity
- Considered and dealt with fallout from derailed business development conversations, strained social media interactions, intensified paparazzi focus, and stalled ventures due to perceived dishonesty about "previous" identity
- Expended extensive time and energy in developing new or revised talking points, speeches, websites, and media messaging; handled and evaluated intensified and competing demands from international media seeking details

Financial Risks/Costs

- Came to terms with lost motivational speaking fees from corporations, civic organizations, religious executives, and conservative-minded business and nonprofit leadership teams
- Resolved self to potential losses of TV roles on current shows and any potential/future offers, including those in current negotiations, elimination of all "macho" or "American Hero" type roles in exchange for being an unknown/unproven female personality in roles for older women that are less common and less profitable overall
- Unconsciously accepted loss of male financial privileges, including expected 23% drop in income due solely to gender inequality in the U.S. workplace

Social Risks/Costs

- Navigation of painful and/or humiliating transphobic responses from media, the public, fellow actors, athletes, celebrities, and entertainers, and pressure of being dubbed "most famous transgender person in the world"
- Loss of friendships due to ridicule, religious conflicts, psychosocial prejudices, and/or awkwardness with changes
- Dealt with potential or perceived rejections of affection, physical intimacy, and romance, while managing internal negative self-talk, depression, sadness, fear, and/or deep emotional pain from feeling intense "otherness" than what mainstream and socially-accepted gender identities allow
- Radical loss of comfort and safety using public restrooms, including being faced with fearful and/or angry individuals who are unaccepting and/or undereducated, as well as increased invasion of privacy from those who are curious

Legal Requirements

- Prepared documents, including physician's statement when required, to file for legal name and gender changes on driver's license, passport, social security card, bank and investment accounts, credit cards and credit/loan accounts, articles of incorporation, deeds, partnership agreements, W-2's, 1099's, film/TV credits, travel award programs, etc.
- Created new social media and website accounts and revised all Terms, bios, and gender/pronoun references

Self-Esteem/Emotional & Mental Health

- Spiked self-acceptance by coming out, causing improved capacity for honesty, compassion, kindness, and gentleness, as well as a growing sense of place and value in the world as a human, without any need of merit accomplishments
- Significantly reduced suicide ideation; telling the inner truth eroded desires to escape pain and seeded real pride
- Increased ability to listen, empathize, nurture, and engage by shedding emotional distance caused by hiding real self
- Intensified excitement for living and energy for intimate connections by discarding weight of burdens with each new step of self-acceptance and "outward" living of internal self-identity
- Surfaced greater joy by allowing relationships to slowly deepen and heal; fractured self no longer manifests mirrored fractured relations so others are freed to approach and respond more positively
- Curiosity peaks and flourishes through willingness to take healthy risks, and fosters new opportunities for genuine love and expanded ability to connect with others in more meaningful ways
- Spirituality and sense of wonder deepens, and a greater sense of awe for the capacity of the spirit is ignited

For select details about Caitlyn Jenner's accomplishments and a list of the quotes featured in the watermarks of these pages please visit the website below.