

WHY DID YOU COME TO THIS WORKSHOP?

- How to connect with those I've lost
- I want to know best how to support my school community
- Got disowned over the pandemic. Still figuring it out
- I am a therapist, I work with grief in general and want to learn more about grief for trans folk specifically
- Grief about trauma and the feeling of a lost childhood
- Want to know how to better tap into my resilience
- I want to learn how to grieve a life I was denied for so long.
- Fresh coping strategies - maybe how to process grief of family members leaving our lives who are not physically gone yet
- I'm not out yet but i want to support others
- I think conversations about grief are really important and I want to be better equipped to support myself and others through the process
- Feeling like i lost the spark within myself bc love is so conditional in my life
- I want to learn but self care strategies for grief
- Learn how to support a friend!
- Develop more attention and gentleness around my own grief and others
- More people around me are grieving than I myself have been lately. I want to support them, and prepare for my own grief that I know will come up soon enough.
- I've realized I have a lot to grieve from the past few years and a lot of loss and want to be in community as we talk about it
- My estranged dad just died
- I want to develop a better understanding of grief/emotional processes so I can be the best person/ trans community member/ birth worker/ parent that I can be
- I am a straight spouse of a transgender partner and I am feeling loss of the life I envisioned.
- Grief is a universal experiences, and in the LGBTQIA+ Community, it is uniquely experienced. I want to be able to support myself, my friends, and my clients.
- I work in mental health and addictions program and want to learn more about supporting others
- Feeling like I lost time because of coming out so late in life
- Last year a woman who I was close with growing up, she had mentored me for years and was like a grandmother to me, passed away after a long battle with cancer. She had rejected me after I came out as trans so we weren't part of each others lives anymore but I still felt extremely sad that she had died. All the happy memories are still there but lots of hurt too. Hard to process her death
- Grief as a parent - I accept my trans child but miss some of what I thought his future would look like
- Myself and my partner have had several deaths of people close to use and have been struggling with grief over the last year
- I've lost a lot of familial relationships coming out over this past year. And reintegrating with cis friends has been exceedingly difficult since vaccination, again due to transition.
- I am a PFLAG Chapter president. We have a lot of parents of trans kids come in who are grieving the loss of their child's original gender. Anything that might help

- Learning how to grieve the loss of my family over my transition
- I am a peer mental health counselor and learning to cope with the 7 folks I lost to covid
- I don't want to be afraid of grief and I want to know what its benefits are
- I am still upset about growing up male and not growing up female. I came out late at 26.
- I lost maternal figures and close classmate unexpectedly in 2019, lost my job and my 5 year plans in 2020.
- Feeling like I lost a lot of my life pretending to be someone I wasn't, and I'm trying to figure out how to cope with it
- I love working with grieving clients in therapy - and want to expand my grief competency to trans-competent and cultural variations of grief
- Work in higher ed, want to learn ways to better support our trans community on campus as we return to in-person experiences and there's still so many unknowns and varying levels of comfort
- There are so many types of grief, including infertility / pregnancy loss, which are less talked about in LGBTQ community. It's like loss not allowed to exist.
- Learn more about how others navigate grief when you come out as trans and grieve your and other's perceptions of who you used to be seen as.
- Grief not just about death but loss of health, relationships et.c
- Female thing that I never could do when growing up.
- My dog had to be put down because of cancer about 3 in a half years ago she was family to me
- Feeling like i traded gender euphoria for community, social life, and love. its one or the other
- I can not give birth.
- Lose of family relationships
- Pet grief is so huge! People try to say "its just a pet" but its so much more
- Some people told me she was just a dog but I have to tell others that she wasn't just a dog she was family
- My trans family member keeps some distance from me, and I want to support him and get to know him as his truest self, so I feel grief over his remoteness
- I want to keep my family together and struggling with my emotions as a straight spouse of a trans partner.

WHAT DEPICTIONS OF GRIEF IN POP CULTURE DO YOU LIKE/DON'T LIKE

- I've been appreciating grief depicted in babadook, wandavision, and some other pop culture pieces recently
- i have always wondered why Disney hates parents.Bambi live action is happening.
- Fleabag
- I really enjoyed the Babadook's depiction of grief (and I hate horror movies) (also the accidenta "queer rep")
- +one for babadook. Horror gets difficult life themes right often
- The Other Woman
- A great show called The Leftovers on HBO death with grief in a powerful way. I highly recommend it.
- Twin peaks - Sara Palmer (laura's Mom)

- I hated when Simba's father died in The Lion King.
- I like Pose. Lots of survivor's guilt, lashing out, self destructive behaviors. I don't like Ryan Murphy but. Points made.
- Six Feet Under - complicated grief over period of years
- Bit of a basic answer, but I think Grey's Anatomy had some good examples after Derek dies
- like: Hereditary - the scene where Toni Collette is just wailing. So heavy.
- like: Twin Peaks!! Yes, Sarah Palmer omg
- love: POSE
- dislike: The Quiet Man - wowwww no thank you, John Wayne.
- Dead like me
- I just generally feel like there's very rarely a view of how people process grief together its usually a isolating process
- Sense8 does it well. love that show. the wachowskis do everything well.
- I like listening to ram das
- I liked how in finding Nemo his dad comforted him when he lost his mother
- Pushing Daisies was also great!
- Are people here familiar with the books and podcast by Nora McInerney?? She's my go-to for grief
- Since someone mentioned WandaVision, "What is grief, if not love persevering"
- In regards to dead parents in Disney at least in regards to Walts time it may stem from his mother dying in a house fire said house being one he made for her with the earnings from Snow White .
- The Falcon and Winter Soldier, I thought did it well, about the grief of not having Cap, learning uncomfortable truths, etc.
- I'm part of a grief and community trauma group here in Pittsburgh largely for communities of color that has used Lil Uzi Vert's "All My Friends Are Dead" YouTube video to spark conversations about how grief can show up in young peoples' pop culture interests - it gets mixed reviews by workshop participants, but I think always starts a good conversation!
<https://www.youtube.com/watch?v=WrsFXgQk5UI>

THOUGHTS ABOUT GRIEF IN THE TRANS (AND QUEER) COMMUNITY

- strength doesn't equal resilience. what doesn't kill you makes you resilient
- y'all this session is everything i needed last fall and tbh now - thank you for putting this on
- I find it harder the more years pass... it's all the moments missed out on
- "what doesn't kill you makes you blacker"
- Our grief is commonly held by our community only, since there are less resources to support our collective healing
- it is so all encompassing that cis people can't even imagine
- Ambiguity in loss for trans/GNC
- the grief people feel when you come out as trans is interesting because they treat you like both the victim of a murder and also the murderer
- I know for me, I had to cut off my parents b/c they were unsupportive, so I grieved their loss while they are still alive
- Grief begins at questioning and all the way through death...the losses stack against us

- From a coming out at an older age (27) standpoint with a traumatic childhood, its a multi layer grief, morning a childhood, but also morning a childhood because you grew up in the wrong body etc
- grief of the loss of black trans women during blm
- every time we get misgendered.. i was misgendered at the grocery store. all the little things that cis people don't think about
- There's a fundamental divide of understanding from the source of griefs. A lot of their understanding comes from pop culture depictions of coming out, living truly, etc.
- Grieving the support I thought I had from my parents, realizing my queer dad is a T*RF. The gaslighting.
- it seems sometimes that you are grieving so much more then someone else cause you are aware of more things to grieve
- When I lost partners, the people who didn't see my relationships as real, also did not see my grief is real.
- I'm kind of scared to come out as trans because of the risk of me getting beat just because of who I want to be
- I have grief because of the standards that are put on me to be like a gender that I am not even a part of
- What if I had the vocabulary, support, and role models I needed from a young age?
- Loss of peers to transphobic violence, directly or indirectly
- I'm kind of scared to come out as trans because of the risk of me getting beat just because of who I want to be and also because I'm a person of color
- Wild when parents are constantly talking about you like you died when we are here and living and thriving
- Cultural differences
- What if I came out sooner and not at 26?
- The feeling that not only do my parents not understand my identity but that they aren't interested in making the effort to try and understand me
- I hate hearing loved ones talk like I've died. Knowing the real loss of a loved one, i think it is insulting. I'm right here.
- compounded on top of all other things
- The can be grief for your old identity when you start being being your more authentic self. I now refer to my dead name in third person
- My grandma doesn't really like the community so if I do end up coming out as trans she will most likely hate me
- The loss of family that does not support me being a trans woman.
- i lost everyone i knew before transitioning
- Breaking up with a partner in the poly community can be really hard and you feel like you lose your community for a period
- I lost the safety of going to the bathroom with my kid and now am not comfortable being in public spaces for long
- Yes growing up queer and seeing the generational legacy of the queer community, I feel like I had to become numb to so much cause I didn't know how to grieve

- There's so much overwhelm in the overlaps. It seems all my grief is a web !
- Loss of friends after divorce

WHAT HELPS YOU/WHAT TIPS DO YOU HAVE

- Yes I love the idea of support specialization and honoring everyone's energy banks!
- My grief is like a rubix cube constantly rotating and spinning
- I find art definitely helps with processing with my grief
- My partner makes glass art with ashes as memorial pendants, and will be working on one soon with his friend's ashes who died last week.
- A safe space to cry alone is what works for me, but I don't have any other helpful tools
- Connecting with my deceased daughter's friends/community
- Collective and embodied community care....we need those in community who are able to support and elevate our complex grief and loss
- Writing is my best outlet for grief
- Finding people who listen without offering advice
- Actually talking about it, talking about my memories of the person, with others instead of avoiding it. And being able to talk about those memories again as I get older because my perspective has shifted so I see them with a different lens.
- Setting boundaries
- Making art just for myself
- Taking on others grief has helped me reflect on my own grief and trauma. It also helps me build deeper relationships with those close to me. Often that is just listening.
- Sharing stories
- Being in nature collecting moss lichen and feathers
- I also joke about EVERYTHING, which makes people uncomfortable sometimes, but really helps me.
- I often listen to music to kind of escape the real world and go into my own world to have better days or if I'm grieving I either type in my notes or do something to get my mind of it
- Therapy after my mom died helped me be more assertive and eventually get divorced and that assertiveness and independence helped me realize i was trans
- Making playlists
- it helps me to find others who understand what my losses mean to me.
- Being kind to myself and accept grief takes a long time to process. Therapy also been helpful to process it
- Grief is more than the outward expression of grief
- I have lost apart of myself when my mental health tells me to distance myself from people or telling me to keep everything inside
- Over time I have learned to take space and time to myself to grieve who I thought my parents would be or SHOULD be in my life because they are just not ready or capable and now I just love them for who they are and unfortunately they just wont be privy to certain parts of my life and my queer family get full access to my life
- i feel like ive lived several lives in this one considering all the loss and starting over

-if people are into mediums and medium readings, I highly recommend it. I had one last summer and it helped to give me peace about my grandfather and my aunt who died within the same year

-Some days I go into my own little world and listen to lots of music

-seems like even nice things like essential oils can come to be associated with the painful grief feelings, and become more negative smells and so on

-I typically plan to get child care (im a single parent) on the birthday of my kiddos dad - he isn't involved and might not ever be. It gives me space to grieve and process without having to hold space for kiddo too

-I went to a grief ritual a couple years back and it was so helpful

-i yell at stupid game show contestants on television because they can not yell back at me.

-my grand mother died in 2006 when I was 18 and I still cry missing her.

-Art therapy, aroma therapy, the outside (beach, hike in woods), prayer (God made all of us). All of these help me.

- Definitely shaping your environment and myself grounded in that particular moment and log what currently is present and felt and look for what else needs implementing to keep improving

COMMENTS ABOUT FRIEND GROUPS STAYING TOGETHER/FALLING APART

-We and my best friend do this - we say "are you in the dark and stormy place?"

-So helpful I've felt so personally responsible for friends fading out of my life and its jalso to be expected after we all collectively lost so much in community and interpersonally !

-Covid helped with that, because I could see how other people disappear and reappear, including me. it helped me be more forgiving

-I try to communicate carefully what i can and can't do andresearch other resources for my mom.

-Ritual and finding my own ways to create closure. If that is writing and burning a letter, planting a tree, or going on an adventure for an experience, something that is significant for me.

-Yes grief ritual!