



**David Baker-Hargrove, Ph.D., LMHC, DAPA, CCFC**  
**Abraham Soto, Ph.D., LCSW**  
**Ann Currier, MA, Associate Therapist**  
**Sarah Hoskens, MA, Registered Mental Health Counselor Intern**



*Psychotherapy • Organizational Consulting*  
*GLBT Mental Health • PTSD • Mental Health Boot Camp*

Client ID Code: \_\_\_\_\_

Total Score: \_\_\_\_\_

Date Taken: \_\_\_\_\_

### Readiness To Transition Survey

Strongly Agree	Agree	Neither Agree nor disagree	Disagree	Strongly Disagree
5	4	3	2	1

1. I have accepted myself as a transgender/transsexual person. \_\_\_\_\_
2. I do not have any shame associated with being transgender/transsexual. \_\_\_\_\_
3. I have a clearly defined transition plan that I feel comfortable with. \_\_\_\_\_
4. I have come out as transgender to all my important family members. \_\_\_\_\_
5. I have come out as transgender to all my friends who need to know. \_\_\_\_\_
6. I have come out as transgender at work/school. \_\_\_\_\_
7. I have developed a transition plan with my supervisor/HR department. \_\_\_\_\_
8. I am comfortable going anywhere out in public in my preferred gender role. \_\_\_\_\_
9. I am comfortable being around people in my preferred gender role. \_\_\_\_\_
10. I do not get upset at other people's negative reaction to my being transgender, nor am I disturbed by their intrusive questions. \_\_\_\_\_

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**BHC: 407-963-5664 • Two Spirit: 407-487-9868 • Fax: 888-972-6451**  
**801 N. Magnolia Avenue, Suite 220 • Orlando, Florida 32803**  
**sherrie@drdavidbakerhargrove.com • www.drdavidbakerhargrove.com**

Strongly Agree	Agree	Neither Agree nor disagree	Disagree	Strongly Disagree
5	4	3	2	1

11. I have made peace with the person/identity/gender role that I was given at birth. \_\_\_\_\_
12. I have made peace with those people who have decided not to accept me. \_\_\_\_\_
13. I have forgiven myself for not transitioning sooner. \_\_\_\_\_
14. I have a definite plan for how I will live my life to its fullest upon completion of my transition.  
\_\_\_\_\_
15. I understand the difference between being a person in transition and being a person who is transgender. \_\_\_\_\_
16. I have developed ways to put more structure/organization into my life and I do those things every day so that I will feel more in control of my life. \_\_\_\_\_
17. My moods are not a mystery. I know how they are triggered and I know how to manage them to prevent serious relapse. \_\_\_\_\_
18. I fully understand the financial responsibility of hormone replacement therapy and I have the financial means (either self-supported, full parental support, or insurance) to cover the costs of HRT. \_\_\_\_\_

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