

April 5, 2026

To my Connecticut legislators:

I am motivated to write to you so that you might understand the harm that trans has done to my daughter and to my family. I am also compelled to offer this anonymously, even though doing so seems all-too-cowardly (to me)! But such is the phenomenon of trans and the price it exacts of those involved. It has broken my heart. It has made me fearful, and a little paranoid to speak out for fear that I will be ostracized and stigmatized in the left-leaning circles in which I have always travelled politically. It has turned my adult daughter not into a man, but into an adolescent, combative, resentful and less functional version of herself – addicted to taking cross sex hormones for the rest of her life, physically altered (she had a double mastectomy within a year of embracing trans), and unable to maintain relationships with any family member who does not affirm her as the opposite sex.

A few years ago my adult daughter who had never expressed any gender dysphoria of any kind, and who appeared to enjoy her life as a little girl, girl, and young woman fully, experienced social isolation far from home, a series of traumatic events, and an extended period away from home connected to covid lockdowns. In this period, her entire social life took place on the internet and in late-night chat groups. I know this because we have always been close and communicated every day during this extended period. What I did not know was that these middle of the night social sessions included the influence of a trans-man group, and tik toks of the glories of trans – that “if you’ve ever considered being trans, you are trans,” and cult-like assurances that embracing trans would miraculously solve her emerging mental illness. Within a year she had visited a gender clinic, started taking cross-sex hormones, and scheduled her double mastectomy – all without our family’s knowledge. By the way, testosterone changed her personality from someone loving and thoughtful to someone rash and vindictive. I watched this transformation occur, and was frequently the target of her aggressive outbursts. None of this makes synthetic testosterone injected into a female body look like “health care” to me.

Any suggestion that these decisions should be slowed down, considered, or accompanied by meaningful mental health counseling were resisted adamantly and often resulted in her cutting off contact with us altogether for months at a time. Her endocrinologist– with whom I met – explained that he routinely prescribed cross sex hormones at the first brief introduction to his patients. “They tell me their story, and I prescribe hormones at the first visit.” This was my daughter’s experience. And the rush to medical intervention continued. Within a year she had stolen money, lied (a first in my experience with her), and raised a sum on the internet to complete her double mastectomy, removing the healthy organs that are women’s breasts in order to appear more manly to the world.

Is she happy now? Somewhat. But she still struggles to fully hold down her job or to construct a self-sufficient life. This despite an excellent education in Connecticut, and what was once a promising future as an impressive young woman with professional ambitions. Worse than any of this, we now must pretend she is male in order for her to

have any contact with us. I do this, to not lose contact with her– and so that SHE will not lose contact with the family and the mother who love her absolutely and unceasingly. So that SHE will not lose contact with reality. But this has strained our family – splitting us between those who want to affirm without question and those who think some more meaningful consideration of the desperation that led her to this is warranted. Obviously, I fall into the latter camp. None of us is unchanged by her decisions and the flirtation with delusion which those decisions demand of us.

I am writing simply so that you will know – trans has harmed my daughter; it has decimated my family; it is not benign. The folks who call themselves trans need real health care, proven by science (see the Cass Report from the UK), not the faux religion of genderism.

Thank you for your attention.