



## *Where Do I Go*

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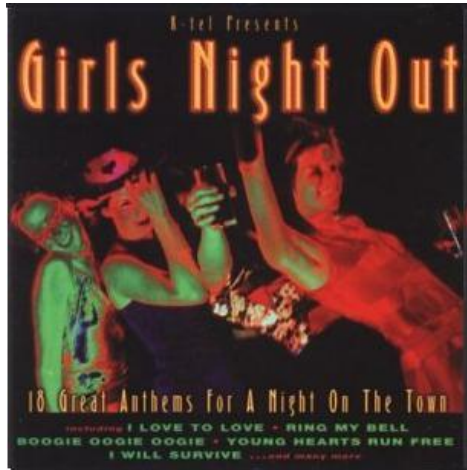
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This guide is to provide some insight on venturing out in public for the first time or going to places that may be uncomfortable the first time.

This is not a list of TG Friendly places – you'll see why in when you read this. It's more of instruction and inspiration to encourage you to be safe and adventuresome.

It is worth noting that I'm not a licensed psychologist or psychiatrist. This information is given freely and is not meant to be a diagnosis, cure, or be part of any treatment. My guidance is based on personal experience and spending time with hundreds of clients that have enjoyed my transformation services. This guide is not meant to be a substitute for professional counseling and it is very general in nature, however, I do believe that there are nuggets of information that will be useful to most people.

## Overview



I get asked all the time....

*“Where can I go en femme where it is transgender friendly?”*

So to answer this question with a question – “Where do you want to go?” What is it you want to do as a girl? What is it you want to experience? The simple answer is to create your “girl bucket list” and then just start doing it and checking them off. But if it was that easy you probably wouldn’t be reading this guide at all.

I will also say this guide is for either those that haven’t gone out at all, or for those that consider themselves inexperienced presenting themselves to the general public as a female. For those that are more experienced, although you may pick up some useful tips but overall, you may not get as much out of this as those that are less experienced.

I think it’s worth stating right up front that if you’ve never gone out en femme before or have had limited experience – then this can be a terrifying experience. So, for you to feel a little nervous or apprehensive is common and is probably your body giving you caution so that you are careful and safe with your actions. Everyone that has done this stepped out the door for the first time nervous to see how the world would accept them. Most everyone with only a very few exceptions has had this anxiety – some less than others – but still anxiety all the same. The “fear” is what I want to focus our attention on in order to look at techniques to overcome them. At the same time providing a pace that is right for you, and making sure that you take steps to be safe as you move forward.

But to take this thought a bit further – even a genetic female that doesn’t normally dress up, wear skirts or makeup will experience a little bit of anxiety if she decides to get dolled up. She has the same concerns – will people accept her, does she look okay, is she dressed appropriately, and she’s fearful of looking ridiculous. She will feel like people are looking staring and maybe even worried that someone laughs at her. It’s probably not as common as in our community but I’ve seen this occur with many women.

It’s more about getting comfortable with your “new” skin. The ONLY way to feel validated and get comfortable with presenting yourself as a female is just to get out and do it. You’ll make mistakes and your first time out you’ll take forever getting ready and comfortable. However, over time – you will make improvements, adjustments and you’ll continue to get more and more positive feedback. This feedback will help you build the confidence and then you’ll be in a pattern which will help you feel more comfortable and willing to take bigger steps.

## Confronting Your Fears of Being En Femme in Public

I have many girls come to our studio that are terrified of going out in public which was already mentioned - is very common and of course understandable. However, in order to get past the anxiety, the first thing I like to do is understand why someone is nervous, anxious or concerned about presenting themselves in public a girl. Many don't even know what it is they are afraid of until I start listing some common reasons that could be the cause for the anxiety.



It think the most common fears are those involving being humiliated, read as a guy in a dress, or running into someone you know. There are several others but I think from my experience those are the most common concerns that cause fear or anxiety. The good news is that each fear can be addressed individually to look for ways to either confront that fear or find a way around it. However, realistically, none of what I'm going to tell you is going to make you more comfortable – the only way to do that is to compartmentalize each one of these fears, confront it, and put together a plan then just go put it in practice. If you never do anything – or

take some risks you'll continue to live with that fear just like any other fear. Sometimes you have to get hit by the bully to realize that you can take it, then that builds confidence and you're able to fight back.

And that's really the key – Confidence. Once you have confidence you can then work on your attitude towards others and determine what type of girl you really are.

I really hate to do this because I don't want to introduce new reasons for people to be anxious. However, with that said, I'm not sure how else to handle the anxiety without listing each of these and then providing some thoughts around getting past them. I have listed the reasons I hear quite often regarding why someone might be anxious about going out. If you are concerned about this causing more anxiety; then just skip this section. As we take on each one of these you'll find that there are ways to push yourself outside of your comfort zone. And clearly we are talking way outside of that.

### Common Reasons MtFs are afraid to present themselves in public as a female.

#### What if I don't pass or blend as a girl?

One of the top three reasons for sure. This was so common that I wrote an entire document on "Passing" which can be found on my website under resources <http://www.femmexstudios.com/>

You basically have two choices here. The hardest method is to work towards passing as a girl. The second method is to accept that you are a transgendered MtF and just let people know. I find the latter the easiest method. Simply put – I pass 110% as a transgendered MtF. My percentage to pass as a genetic female is somewhat less – what percentage I pass? – I have no idea – just depends on the situation and environment I would think – I guess I just don't care anymore. Not because I've given up

trying to look like a female because I haven't, and I love when someone mistakes me for a girl. But I tend to just have more fun and get more attention when people know exactly what I am.

When I was trying to be a genetic girl (which is impossible by the way – I found that out the hard way) it was very stressful and sometimes demoralizing when I failed. So I simply decided to change the game. I'm going to just go and be what I am a transgendered MtF – and if someone mistakes me for a genetic female then I will just take that as a compliment. But if people know "read me" then I don't get depressed because I've accepted that I'm not a girl and never will be.

If you want to get more into this topic I suggest the Passing Guide that I wrote mentioned above.

### **What if I run into someone I know – neighbors or work colleagues?**

This is another of the top three reasons in my book. This actually does have some merit for most people – even for myself in some circumstances. This anxiety is probably more prevalent for those that live in a small city, have a close community, or have a high probability of running into someone they know. But even still there are ways to work around this issue.

1. **Identity Masking** -Find a friend online or a friend that knows you both as a male and female – get their honest opinion on whether your male identity could be determined when you are dressed as a female. I would say 80% of the people I know would not be associated with their male self – even if they were read as a "dude in a dress". There are several stories where someone was read by a friend but the friend had no idea of their true identity. Keep in mind that even though someone you know may read the fact that you're a guy dressed as a girl that they may not know who it is. This is good information to know because it may help put you at ease or in some cases where it is pretty evident it might make you more cautious. Either way at least you know where you fit and can plan accordingly.



2. **Remote Dressing** – One suggestion would be to go to another city, get dressed somewhere other than your home, then go out from there. I would say 80% of our business at Femme X Studios is those girls that are from out of town. They feel more comfortable going out and also don't run the risk of running into anyone.
3. **Have a Plan** – I like to plan for worst case scenarios. So what you need to think about is - let's assume you run into someone you know, and they recognize you. What are you going to say or

do? At this point you can't hide or run away and you've been confronted. You can't behave nervously, stammer for words or act all confused. You need to have your "excuse" or "reason" roll off your tongue as if you were having an everyday conversation with them. But what do you say? Do you plan to just come clean about everything or do you want to make up a story about why you are dressed as a female. I think whatever you decided to do – I would make sure you have your "elevator pitch" ready to go – rehearsed so that when you say it, it sounds natural. The other thing is to just behave like it's no big deal like you were coming home from a costume party or whatever you come up with. In the end you need to make it seem like it's no big deal to you (which is as it should be). I think having the story prepared also will help you feel better prepared and relieve some stress.

4. **Disassociation** – Try not to associate or be in close contact with people or things that will help people identify you. For example, believe it or not I still have not told my neighbors. The reason why is my kids play with the neighbors kids and I don't want my children have to explain to the other kids or have them being ridiculed. So I've chosen to keep that quiet; even though pretty much everyone else knows about Nikki. So I follow some basic rules. I typically don't leave my house en femme unless it's at a time I know no one is around. (But even in this case I have my story ready). I don't frequent local restaurants because I'm concerned that someone would see me get out of my car and then associate me. I also don't go to places in our local community en femme with my wife. Again, if someone read me then they would associate me with my wife and quickly identify me. So the key here is to try and disassociate with people or things that could clue people in on your "true" legal identity.
5. **Work Colleagues** – I know sometimes people travel for work and sometimes with other colleagues. If I plan to dress while I'm on a trip or in close proximity with work colleagues (that I don't want to know) then there are a couple of things you can do. Book travel differently from them (air/hotel) – make up some excuse why. That way you're not questioned by an extra large suitcase or if someone needs to search your bag and pulls something out you don't have people looking on. If you have to stay in the same hotel then either go out when you know people aren't around or there's nothing that stops you from finding a local friend or motel to go change in. I've used all three techniques given the situation. Just make sure you clean up real well before breakfast the next morning.

#### **I'm concerned family will find out.**

1. **Cleaning up** – Some people are concerned that if they don't clean up well then someone at home might figure it out. This one is simple. You need 3 things a) Baby Oil b) Baby Wipes c) Q-Tip. Apply the baby oil on your face and eyes and use the wipe to remove. 90% of the makeup will come off this way. Then use a Q-tip to get the residual from your eyes and brows. Just learn to clean up – you might even practice it a few times.
2. **Arriving Home** – Some people are concerned that they won't get home before their family does, or there is a change in plan and people are coming home sooner than expected. Well the key is

not to worry about changing back at home. Carry some “boy” clothes with you, your makeup remover with you. In the event of a situation you can quickly change back in your car if you have to or at a remote gas station bathroom. This is more of an issue if family doesn’t know about your feminine side. The other method is to work up what your excuse will be in the event the worst case scenario occurs.

### **What if someone stares or laughs at me? – I don’t want to be humiliated.**

1. **Plan for Humiliation** – Ok let’s say this happens – someone makes a comment or laughs at you. What are you going to do? Again the key is to have a plan. Maybe not every situation can be planned. But rather to plan on how you are going to behave in advance. My mother taught me when I was young – you can’t control other people’s behavior, you only can control your own.

First let’s just assume this is going to happen. Unless you pass really well; this can occur and even with those that pass very well there are times even when they can be read. So I try to just assume this will happen. Then if that’s true, then the only thing we can do is just be prepared. Here are some of my rules of made for myself if this happens.

- a. If it’s just a stare or glare – then the first thing I try to do is walk up to the person and introduce myself. I usually just say – I couldn’t help you looking over my direction and thought I would just come over and say hello – Hi my name is Nikki. I usually hand them a business card for my rock band CHIX or for Femme X Studios. You’re free to hand out my business cards but you may want to come up with your own approach. Just know how you are going to react and behave in advance and you’ll be a lot more confident.
- b. If it’s a comment – if someone makes a “comment” then my rule is always always always – be nice. Not in a sarcastic or condescending way – but sincerely be nice or playful. If that fails then I try to “reflect a mirror on them” so that they can see how ridiculous they are. So here are a couple of examples:

Example 1 – **At the bar.** I’m sitting at a very upscale bar in Dallas and a guy sitting next to me offers to buy me a drink. I say “Thank you, I’d love a vodka martini”. He orders for me and we begin to have a nice conversation. I get a tap on the shoulder and it’s another guy and I turn around and say hi. He says in a very condescending tone – “I have to know why you are here dressed up like a girl”. I just looked at him smiled – I said “you really don’t know?” - he says – “Why are you gay?”. I’m like, “why are you interested?” – He laughs and says “No not at all, so why do you do this”. I give a quick glance to the nice guy that bought me the drink, wink at him. Hold up my glass – “well, for the free drinks of course”. He just shook his head and left. Issue dealt with and he had nothing left to say. Unrelated to the story – and the punch line is this. The guy that bought me the drink turns to and says – “you mean you’re not a girl?”.

Example 2 – Shopping. I’m in Niemen Marcus shopping in the women’s section (en femme of course). I’m dressed in a Christian Dior dress, Italian pumps, Gucci bag etc. Let’s just say I

was dressed appropriately for that store. In any case, a young woman dressed in sweats, no makeup on and hair in a pony tail comes up to me and says “You shouldn’t be in this department”. I was like “Really? why are they closing?”. My poor attempt at humor trying to break the ice and make the situation a little silly. But she continues (they always do it seems). “No”, she sighs, “you don’t even look like a girl and I don’t think you should be in the women’s department”. Okay now I tried my nice so now it was time for the reflection. I said, “You know, you may have a point”...”if you’re an example of what a girl looks like then you are absolutely right - I don’t look anything like a girl”. Now I’m preparing for the cat fight. But she flipped her hair and walked away.

These things will happen to you. Well not these exact situations – you’ll have to be lucky enough to have your own. But seriously, the key is to a) be nice b) reflect on them on themselves c) walk away. I can honestly say that I’ve never had to get to the last one. Usually (a) works 80% of the time and (b) works the rest of the time.

### **I’m not gay or bi and I’m afraid some guy will hit on me.**

1. **Look at yourself** – Really? This is a fear. Well for some I guess it is. You did want to dress to look sexy, beautiful or desirable right? Well, if so what would you expect to happen? High heels, stockings, short skirts, long hair, red lips – although there are other uses, these are designed primarily to help females attract a man (just in case you didn’t know).
2. **You have a choice** – Also, you do realize you can politely say “That’s a nice gesture but I’m not interested, thank you”. You actually have a choice in the matter. Just because someone offers to buy you a drink doesn’t mean you have to kiss or sleep with him.
3. **Take it as a compliment** - Someone is interested – that is the ultimate validation. Now just realize you do have a choice and you can kindly say no. Tell them that if you were gay you’d be interested in them as well. Just be nice and remember they took the shot which takes a lot of nerve so let them down easy.

### **I’m afraid that someone might hurt me.**

1. **Safety First** - This is very important. I never go places where I’m concerned about security, safety etc. Secondly, I usually go with a friend or group. I think most of the issues we have in our community are not much different than what women experience. I think women who venture into vacant parking lots or alleys alone are putting themselves at risk, remember we are dressed as women – so I think we fall into that same category. If you are uncomfortable walking to your car from a venue late at night ask someone to walk you out.
2. **Know Your Area** – I don’t go to an area I don’t know alone – even when I’m as a guy I don’t do this. The other thing you can do is get to know the management at the establishment you plan to visit. Find out who the owner or general manager is – introduce yourself, and get to know them. I find

this has other benefits like getting free stuff. Also if you are going somewhere you don't know very well, make sure you are with a friend or group – someone should know where you are going.

3. **Be Smart** – Don't take unnecessary chances, be aware of your surroundings. Don't be paranoid about it but just be extra alert to what's going on around you. Don't be so caught up in how great the heels look, or how your stockings glisten in the city lights. Take a moment to look around and pay attention to what's going on. This can avert a ton of potential issues

I've only had an issue on one occasion and it was because I just didn't pay attention. I went to a restaurant with friends in the Gayborhood. I had a guy come up to the table and ask to speak with me privately. I stood up and walked to the front of the restaurant. He said he thought I was really pretty and if I would ditch my friends to go hang out with him. I politely declined but thanked him for asking. So he went on his way and I went back to my friends. We hit two bars and a dance club and ended up heading back to the hotel around 2a.m. I get in the room and I get a knock at the door. I had my wig off and was in the process of removing makeup. I look through the peep hole and it's this guy. I put the door latch on and crack the door and ask him "yes". He said – "oh, is the blonde hair'd girl here (that was me – I had been wearing blonde hair). I said know – she went to bed. Then he said "oh ok". Then he left and that was it. I called the hotel front desk and gave a description and told them I didn't feel safe.

I made several mistakes on this encounter.

Mistake #1: I should have never left the table with my friends to meet with someone I didn't know. – should have just asked him to say what he needed say at the table.

Mistake #2: I should have been more alert throughout the night – he obviously had been following us around.

Mistake #3: I should have never opened the door in the hotel room – I should have just called the hotel desk and let them deal with it and not have even answered the door.

I consider myself very aware and careful and I still screw up – so just imagine how many mistakes you can make if you don't even think about it. This doesn't mean you have to be paranoid or watch every little thing. The idea is just be conscious of what's going on. You can have a ton of fun and still be smart about what you're doing.

4. **Don't Talk to Strangers** – Remember when your mother told you this. Well I like to talk to strangers and get to know people. But, I will not meet someone I have never met before in a hotel room or some secluded spot. I always meet people in public neutral territory. I also don't follow people back to their room, car or anywhere where I'm not familiar with the environment or where I give up control. If you are so inclined to pick someone up. Don't take them to your place of residence – take them to a hotel – make sure they give their ID for the room or make sure the clerk sees you go up together. At Femme X Studios I deal with strangers coming to my studio every week. I take many precautions – nothing is fail-safe – but there are things you can do to minimize the risk. One

simple technique is to call a friend. Let them know who you are with and where you are going together – make sure the person hears you make the phone call. Give your friend all the information you can. IF someone doesn't think they can get away clean with something they'll be less likely to try something. Not always but it further reduces the risk.

### **I'm not comfortable with my image, voice or deportment.**

1. **Fix it or Live with It** – Unfortunately we all weren't blessed with feminine physical traits. There are some things you just can't change. Hand size, feet size, height etc. Those you just have to work around. Weight and style everyone can change. Facial features, breasts can be changed or augmented with surgery. Hormones can also help. That all depends on how important all this is for you or how vain you are.

I'm pretty vain so I have had minor surgeries to correct things (double chin, love handles, ears stuck out, droopy eyelids). Probably about 10-12K over a long period of time in surgery. That plus electrolysis has helped a lot. But I also do things that everyone should do, I diet, exercise, I use vitamin A/E on my skin (I use an oil for this), I keep moisturized, I stay groomed, eye brows etc., I even use retnae on my skin where I'm developing wrinkles. I get pedicures every few weeks and even a manicure – even with no polish. But this is a daily, weekly, monthly regimen. Even if I only go out once a week or once a month – I want to look amazing when I do. I was not blessed with all the feminine features I would have liked to have had. So I do everything I possibly can with what I have.

But if you're not willing or able to get your "girl" to that level then you just need to know your limitations and deal with it. I teach a lot of techniques around selecting the right hair, teaching makeup application, helping someone find a style that works best for their body type. Help people work out a daily/monthly regimen. My business partner Chris Bruce Foxx helps girls feminize their body through exercise. A flat tummy can do wonders for your appearance.

2. **Voice** – Voice with practice most people can change – so if that's what's bothering you and if it bugs you enough you'll work on it. For me I really don't care. "I walk like woman and talk like a man" – She's Got the Look ("Roxette"). That's sort of what I like about me.
3. **Deportment** – referring to mannerisms, walking and behavior. Some people take this too far and over compensate and it just looks silly. I would say just be natural be you and work on softening things up a bit. It all has to feel naturally feminine in order for this all to work. That just takes a lot of practice in front of the mirror and relearning how to move your body. And yes that's more than a few minutes before you decide to go out. I would say practice nightly for a few months until it just feels right.

### **I'm afraid that I might get in trouble with the law.**

1. **Know the Law** – well the first thing is know what the laws are. If you're unsure call your county police department or better still consult a criminal attorney. You can usually find a lot of

information on the internet as well. Just know what the laws are – if you are unsure – just find out from a reliable source. I'm all about figuring out things for myself and I don't go on just what people tell me unless they have some level of authority.

2. **Behave Yourself** – just behave and don't break the law – this is easy enough right? Don't drink and drive – avoid traffic offenses, jay walking, disorderly conduct etc. etc.
3. **Cross-dressing is Not Illegal** – In the US cross-dressing is not illegal unless you purposely use it to conceal your identity to a police or peace officer. Bathroom laws are different by city and state so know what they are – I usually ignore these anyways and just use the women's restroom but I usually don't go into a women's restroom unless I really have to go – then I go directly in a stall take care of business – wash my hands and leave. I don't tend to linger unless another girl decides to have a conversation – then I figure I have them on my side.
4. **Confronted with the Law** – if a police officer stops you are asks for ID. Give them your legal ID and just be polite and nice. Don't admit or deny anything just remain courteous and neutral. Don't volunteer information or try to strike up a conversation. Answer only the questions you are asked completely as if you were conducting a business transaction. It'll all be fine trust me.

#### **Logistical – car breaking down, getting stuck somewhere.**

1. **Be Prepared** – If you are worried about getting stuck somewhere en femme. Then just have a change of clothes and clean up kit in the back of the car. Not even genetic females want to change a tire in their best dress and heels – so why would you want to? Just have numbers programmed in on a cell phone (have a cell phone).
2. **Stay on the Beaten Path** – don't go off in the middle of nowhere by yourself – stay on major highways and streets if you can. Goes back to being smart.
3. **Have a Credit Card** – I've found that most logistical situations can be solved with a credit card. If I need to stay in a hotel over night, get a taxi, pay for a tow or whatever. Most situations can be bought in this manner. Usually expensive –but in a bind – a credit card can be a nice way to get yourself to safe and comfortable place.

#### **Fear of my own reaction if someone is rude to me, getting violent or causing a scene.**

1. **Be Nice** – Okay just control your behavior. If you are that sensitive then you probably need counseling or get over yourself. People can be rude. I look at people like this as bullies – so you need to confront them in a way they are unprepared to deal with. They are trying to get into an altercation – you just need to avoid it. Not be passive because that can just make them work harder but just use my (a) nice (b) reflect (c) walk away.
2. **Establish a Mental Rule** – Just while you are out en femme make a rule for yourself that you are not permitted to get violent under any circumstance except where you are assaulted physically.

Odds of this actually happening are the same as using the life preserver in the event of an airplane crash lands in water. Possible, but highly unlikely.

### **Fear of becoming aroused**

This is more common with those that have not been going out much. If you go out often the sexual aspect of dressing becomes weaker. Many start dressing because the clothing or the fantasies get them all worked up – and if you only get dressed up for this reason then it is obviously a concern about going in public.

I think dressing more often when you are not aroused or “in the mood” will help. The other thing you might consider is just taking care of things before you get ready so it’s not an issue. If neither of those work for you then I’m not sure what else to tell you except maybe take care of things more frequently so that can potentially become less of an issue.

So that hopefully covers most of the fears. At the end of the day you just need to get comfortable in your own skin, and have a plan in each of these situations. I see a lot of postings on the forums that just say you need to go out a bunch of times to get comfortable with it all. And although that’s true, it’s not enough to make you feel comfortable. The first time out you may take every single precaution. The next time you’ll feel better about it, after a year or so you’ll be laughing at yourself on how much you went through to go out when you first started. Part of getting comfortable is just gaining confidence which is achieved by eliminating each of the obstacles one at a time.

### **Now Where to Start**

If you’ve never gone out in public as a female then there are couple of suggestions that might help take the edge off. Let’s just assume that most of your fears have been addressed but you just still don’t feel 100% comfortable. Maybe you can’t quite put your finger on the reason but you get butterflies and it just is still a barrier for you. There are some things I can suggest that you try that may help.

1. **Book an Appointment with Femme X Studios** – Okay a shameless plug – but seriously, we help 100s of girls each year get out in public for the first time and once they do they are usually good to go on their own. We handle your, image, make sure it’s safe, we also make the whole experience comfortable because we know what we are doing. If this is truly something you want to do; I sincerely believe we are the best at it. The reason is not only do we know where to go – but we have strong relationships with the club owners, restaurant managers and shop clerks. To the point that we usually get a hug from the staff of the places we go to. I’m not sure how much more friendly things can get. And this is not in just Gayborhood places – it’s all over town. I typically get to know the establishment staff where ever it is I go. It’s not just safety – I just have more fun when I know the people there – it makes the whole experience going out more enjoyable. Many times the owner or GM will come over (after I’ve been going for a while) and offer a complimentary sampling of a new product or service. It’s really like being treated like a celebrity or VIP which is kind-a cool. If you’ve never experienced this then that alone is worth it in my opinion.

2. **Find a Friend** – Find a friend that has experience going out and tag a long. This a great way to get out for the first time. Especially if you don't have concerns about image and deportment. This is especially important if you are in a city that you don't know very well – connect with someone (be safe about it) and then let them show you around.
3. **Start Slow** – Start slow – maybe take a drive late at night – go outside your city and step out to put gas in your car. Maybe next time drive through a fast food restaurant and order a coke. Just take small steps but set goals for yourself to do something different each time or take another step each time.
4. **Get Comfortable** – I think one of the things I sometimes still have to do even with my experience is just get dressed and get comfortable with my new skin. I have to mentally transform myself into a female as much as I have to physically. So take your time getting ready – look at yourself in the mirror – relax – listen to music – (But don't drink) – keep your senses about you.
5. **Dress Often** – You my start wearing feminine things under your clothes during the day just to get more familiar with them. If you're putting on stockings and panties every day it'll become less foreign when you go out en femme. The more you dress up the more you will perfect your image and get comfortable with yourself.

## Now Where to Go

Okay finally where should I go?, where are TG Friendly places to go in my city? Where can I meet others that are accepting? Well I would say unless you live in a very very small town there is always somewhere to go. If you are concerned about people finding out about you then you'll have to look at the fear steps above for some suggestions.

Given that where can you go that is TG Friendly? I would say anywhere that accepts legal currency. The reality is in this US economy, most business owners are happy to get the business no matter who it comes from. If you are unsure about a particular place, just call ahead and let them know your coming en femme and if that is going to be an issue. I'll doubt you'll get anyone turning you away. Ask to speak to the owner or general manager. Make sure they let their staff know you are coming so even if the staff has an issue they'll want to stay employed so they'll be nice. Always to go the top I say.

So where to look –

1. Meetup Groups. I would look for a meetup group in your area – <http://www.meetup.com> . If you don't have one in your area you may consider starting one. My meet-up group in Dallas is Feminine Expressions and it's <http://www.meetup.com/tgresources> we only allow Texas, Oklahoma and Louisiana girls as members because we are trying to keep it local.
2. Local Groups. There are Cross dressing, transgender and transsexual groups all across the country just search the net or ask a friend about them.
3. Gayborhoods. Every medium to large metroplex has a Gayborhood – these are usually open to alternative lifestyles. I'd argue any place is but some seem to be more comfortable in these areas of town because people tend to be even more open-minded.
4. GLBT Resource Center. Most larger cities have a GLBT resource center that you can visit or call to find out more about your area.
5. BDSM & Fetish Organizations. Some may say they're not into BDSM so they don't want to join one of these groups. These are many of the same people that say they're not Gay but go to the Gayborhood. I ask, what's the difference really? I find that BDSM people are even more open minded than many Gays regarding our lifestyle. You can attend a BDSM meeting or event and not actively participate. Remember you still have a choice in things – some people forge this. It's a great way to get involved and network in your area. My first outings en femme where with a BDSM group – I had absolutely no interest in beating or being beaten or tied up - but I attended their events as a female and enjoyed socializing with people. I learned a lot about a very misunderstood community. To me if you want people to understand accept you – you need to maybe learn to accept them.
6. Online Resources – I find trying to connect with people on line is frustrating. Most are flakey because although they have fantasies of meeting other people and going out – they really can't

when it comes right down to it for many different reasons. I may meet a handful of people online that I actually meet each year – but I think there is a lot of time you can waste trying to find people online in chat rooms. I know there are exceptions and some great sites – I’m speaking in general on this topic – I’m a bit jaded based on the number of evenings I’ve been stood up.

7. Offline Resources – there are many papers and magazines in larger cities that will have services, shops, and people interested in meeting you. It’s also a good way to find out about local events that may have an interest to you and a place that makes you feel comfortable.

The key to finding places to go and meeting people is to get aggressive about it. But you do need to get comfortable with yourself, minimize your anxiety and just get out and do it! Now let’s stop reading this and figure out a plan to get out the door because I’d like to see you go out sometime soon!

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