

## **Loneliness**

Sometimes it may appear to significant others that there is no end of activities for their crossdressing spouses. In an area filled with a variety of support groups, it is easy to find an activity practically every weekend and many weekday nights. For those CD's who are officers, the activities multiply as their responsibilities increase and duties demand committee meetings, planning periods and work sessions.

Although everyone recognizes the need for dedicated individuals to carry out the desires of the support group, it is equally important for these support groups to recognize the needs of the families of crossdressers.

Along this line, recently, I read an article by a very devoted SIGNIFICANT OTHER who had decided to decline an invitation to a gender convention where she was due to receive an award because she felt her family needed to come first. It took, I believe, great strength on her part to give up an event which would have meant so much to her, rewarding her for the many years of time and effort she has given to the gender community.

Although there were compelling reasons for her to miss the convention, she also commented that there are times when perhaps crossdressers as well need to cut back a bit even though the reason may not be so necessary.

It can be very lonely for a wife, particularly one who is not accepting, to watch her husband attend one event after another. She feels left out and isolated. Even those of us who understand the phenomena and realize the value of support groups may feel imposed upon from time to time when our spouses are so busy with support groups that they fail to recognize our needs.

Some reevaluation of commitment may be necessary when the significant other seems unhappy or upset. Ideally the crossdresser needs to spot signs of discomfort with his activities and begin communicating with his significant other rather than waiting for the relationship to deteriorate. Although we are most often aware of the loneliness of the crossdresser who is still in the closet, perhaps we also need to be aware of the loneliness of the significant other when her crossdressing spouse becomes overly involved.