

SELFHOOD'S TOWER

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December 2003

This is a collection of notes, poems and papers which I have put together to help me deal with a conflict I have faced. Much of the material is very personal. However I have felt it appropriate to do this in case my understanding can help others to deal with the same situation.

These poems describe part of a personal journey up to December 2003.

For a more complete account of this journey see the poetry anthology:
[Gilchrist, S. 2011. "Verses in Search of the Self"](#)

Although they have been released on a website these, documents are NOT intended for general circulation. I ask anyone who sees them to treat them in the appropriate way.

UPDATE 2015

For more recent biographical accounts see: [Gilchrist, S. 2015 d. "Living With Difference"](#) and: [Gilchrist, S. 2011 a. "LGB and T People: Labels and Faith"](#).

For a full analysis, please see: [Gilchrist, S. 2015 a. "Personality Development and Gender: Why We Should Re-think the Process"](#)

Website: <http://www.tgdr.co.uk/>

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SELFHOOD'S TOWER

With life I built my selfhood's tower
In heart and mind and reason made
Which, built upon its base grows tall
Secure and strong, in will portrayed.

Yet from the first I've known of life
Despite my fear the base was wrong
I sought those rocks of life's success
To top the tower with new laid stone.

For thirty years this fortress grew
Protected through ambition's guard
Till battle worn that base collapsed
To fell the ramparts I'd empowered.

Yet on the base this tower is built
Just one foundation stone is wrong
So at the role which life commands
This stone just cries I don't belong.

PART 1: SUPPRESSION

That writ dictates a tower remade
Shall build upon the self that's me
So power within its base and walls
Shall shine with life that others see.

My keystone must be made secure
So by God's Grace I'd lay my course
Fixed firm to rock my selfhood seeks
And love to calm the conflict's force.

While in my mind I'd build that base
And celebrate this selfhood's tower
To outward view my aims remained
The same as those they ever were.

For though I knew I must not fight
The ground of selfhood I endorse
I'd see transcendence as my path
To calm the discord at it's source.

At first this path embraced my aim
To give the outlets selfhood sought
But then I could not quell the power
Of feelings which enacting brought.

S.G.

September 2003



SELFHOOD'S TOWER

To gain command I had to choose
Between the role which will enacts
Or take up what this self demands
And fill the frame its urge expects.

I chose to hold to willpower's path
Then sought a way to keep control
By distancing my selfhood's power
Through never acting out self's role.

Although I did not take self's route
I'd build on richness self would find
To gain the threshold that absolved
The battle from my conscious mind.

For sixteen years I stayed at peace
Through all the traumas life creates
To sense in time I'd moved beyond
The crises which this drive instates.

PART 2: ABSTENTION

But then I found depression struck
For reasons different than the strife
So from inside my tower'd explode
By thoughts I'd hidden from my life.

My life was built on hopes I'd seek
Within the role which life had kept
But when depression made its call
My mission failed and left its debt.

It seemed as though I'd never left
The anguish that the conflict dealt
But age would now impart a drive
Far greater than the past had felt.

Abstention let me hide the change
As past and future swap their place
So hopes I held when I was young
Become the past I must embrace.

And as we age the balance shifts
For pledges always grow and fade
Till as from nowhere gender struck
To crush the future will had made.

S.G.

September 2003



SELFHOOD'S TOWER

Despite all this my aims remained
To keep the path my willpower set
But nothing that my labours sought
Would give a course I could accept.

For I have learned that to enforce
Abstention's path through all my life
Shall act to swell the battle's power
And cause collapse in future strife.

Abstention's course will not prevail
Unless conviction's made complete
But this belief would not come back
Whatever path through life I'd seek.

The change in life I have to make
Decreases I welcome selfhood's role
And take within expression's route
A path to make life full and whole.

PART 3: THE SCAPEGOAT

My conflict sets the self I've built
Against the self I've sensed within
So clinging onto willpower's route
Destroys the power of will to win.

The more I try to force will's path
The more my selfhood deep inside
Attacks the drive which will creates
Till choices made are then denied.

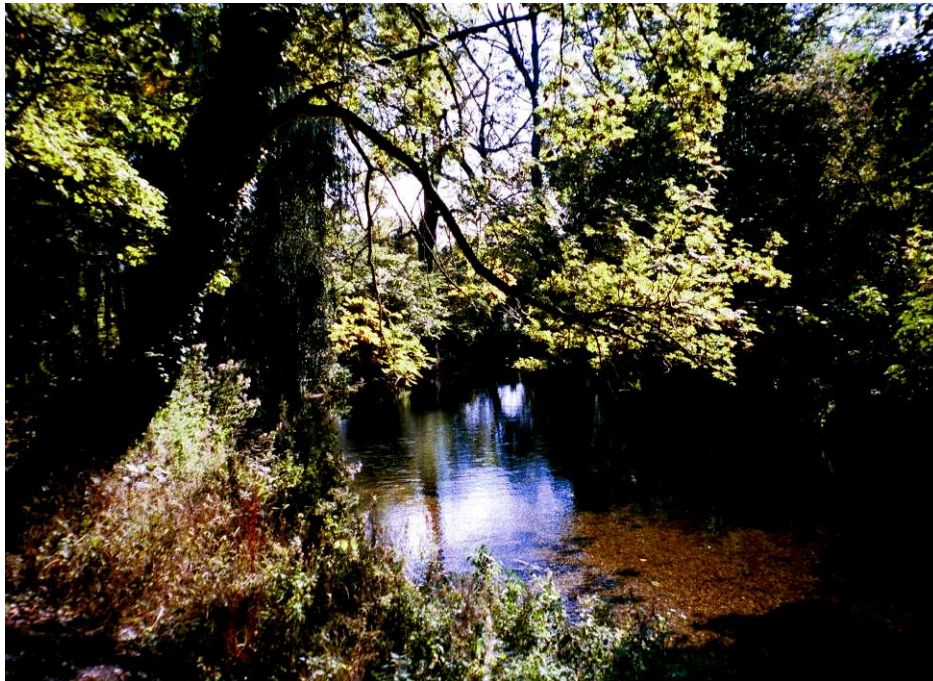
If this occurs a scapegoat's used
To take the blame for all the strife
Whose role in turn I must destroy
To clear the tension from my life.

Through making this a ritual act
Such sacrifice shall bring release
But if this scapegoat is too strong
Compulsive forces still increase.

For me the scapegoat that I fight
Becomes the gender will invokes
And so the conflict then explodes
Rejecting role, and all my hopes.

S.G.

September 2003



SELFHOOD'S TOWER

The impact of rejection's power
Shall call to ransom my whole life
For gender gives the battle's force
And self I seek will drive the strife.

I've nothing in my life I'd change
Except the frame that gender sets
And ever cherish things I've done
With love for kindred life begets.

Should gender be the only force
Its call must swamp the role I see
But all I take from gender 's drive
Is gained from freedom to be me.

My sense of gender's deeply laid
And constant in its lifelong course
To fight or hide the power it brings
Awakens selfhood's greater force.

PART 4: TRANSCENDENCE

To balance selfhood's inner drive
Against commitments life enacts
Demands I always pledge my life
To follow where their call directs.

This edict means inverson's path
Becomes the route I have to take
Replacing all suppressive drives
With those of richness I'd create.

With this I'd find my self esteem
For self is liked and feels secure
Where trauma hits me at the top
And honed in depth I will endure.

Instead of seeking fortress walls
The tower of selfhood I may build
Can be a lighthouse free to shine
In faith and hope and life fulfilled.

By welcoming the self expressed
I set transcendence as my course
Where life would treasure all I am
To quell the discord at its source.

S.G.

September 2003



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Self's welcome calls me to achieve
The way to manage self's demands
Which gives the outlets self dictates
And also keeps to will's commands.

When I embrace the role self seeks
My life then brings the self that's me
But that shall harm key things I love
And makes me follow will's decree.

Then many things I've found in life
Will make the change without alarm
And I must balance self's demands
Against just ones this act will harm.

People might use scripture's words
And judging others, make the threat
Of hell, damnation and God's curse
Should their instruction not be met.

PART 5: EXPRESSION

While God loves me for who I am
I'm tested through those things I do
With earnest prayer I've tried to find
A path through life I should pursue.

Through this I find I bring no guilt
From acting out my selfhood's role
When I can witness to God's grace
And my intention's true and whole.

But life must always take the path
Of telling those who need to know
And sharing facts with those I trust
Results in warmth they all bestow.

Yet self and others face the drive
To make the gender role complete
And should I try to fight this power
Compulsion makes division deep.

My acts must never give offence
Or harm the trust that others give
Then if I calm compulsion's force
Those talents I may use will live.

S.G.

September 2003



Pr31006gdre31 By little Britain Lake September 2003

SELFHOOD'S TOWER

Compulsion tests our inner selves
In ways that make us loose control
Where taken by subconscious force
It drives us towards an inmost goal.

Some may find when they express
The sense of gender that they seek
The outcome their compulsion finds
Returns them to the role they keep.

The drive may be extremely strong
But where those limits are in place
Expression should instead become
A hobby they could then embrace.

Yet others find their gender's drive
Applies its power with mighty force
To smash the gender life has kept
And banish what it would endorse.

PART 6: COMPULSION

The more the battle then is fought
The more rejection drives the strife
Until the outcome which this brings
Can only come by surgeon's knife.

The way I'd break coercion's drive
Will calm dynamics at their source
And bring a welcome to transcend
The fighting gender would enforce.

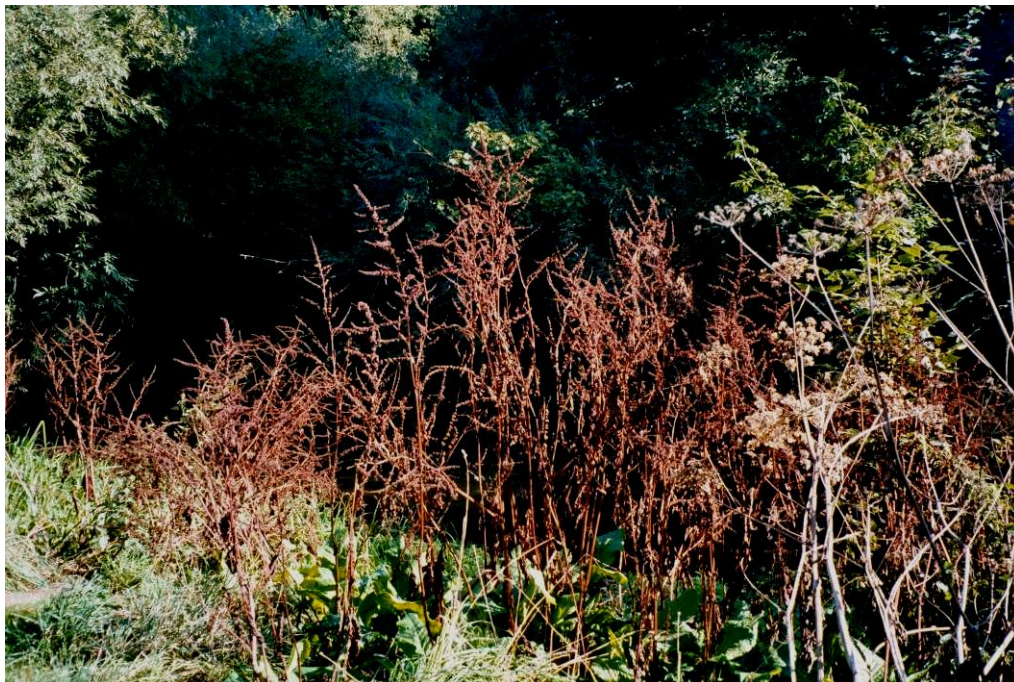
While gender is my battle's cause
Its scapegoat's drive is what is felt
And should I search for how it acts
Its power attacks the self I've built.

Instead of fighting gender's force
I'll seek to build the self that's me
And then let gender take its route
Within the choice that now is free.

Polarities, through gender's drive
Will seek to force each role apart
So always this, I must transcend
To keep the course I now impart.

S.G.

September 2003



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I'd always glean the best advice
When looking for a course to set
But this would also take the view
Abstention's path cannot be kept.

This means I find I live two lives
And both to others are complete
So friends I'd make in either role
Will only see the role they meet.

Unless I tell them none perceive
That other side to life that's mine
So if or when they should be told
My conscience fully must define.

Advice that's given would not tell
Unless the need is true and clear
Since all the challenges it brings
May upset links and add to fear.

PART 7: TWO LIVES

People might express concern
That this enactment will deceive
But where it shows the self I am
A greater truth they will receive.

Then some may worry over sex
And if advantage may be sought
But sexual care is not deranged
By conflict only gender's fought.

Transforming gender may recast
The target sought by sexual force
But independence is well marked
So sex can set a different course.

This conflict of the different lives
Has made dissention strongly felt
For gender finds the self that's me
And sex directs the love I've built.

Yet primacy which gender brings
Inverts the partners sex may seek
So when this gender's reassigned
That switch can also be complete.

S.G.

September 2003



Su31007ae07 By little Britain Lake September 2003

SELFHOOD'S TOWER

While alcoholics calm their drive
That's aiming for mortido's force
My acts must quell libido's need
To gain the selfhood I'd endorse.

As looks are set by growing age
So time again would set its snare
And trapped within a role I'd hate
I've found to be my greatest fear.

The course inversion tries to find
Is one that turns the battle round
It will instead increase the power
Whenever motives are unsound.

But if I keep the power to change
And follow all that selfhood seeks
I gain the freedom that maintains
The path in life my reason keeps.

PART 8: TIGHTROPE

My heterosexual drive has ruled
The whole of life that I have built
So if self harmed relations made
My mind would fill with total guilt.

In how I manage gender's force
My life stays chaste in what I do
And finding how I might respond
Needs acts I do not now pursue.

My love and care is firmly based
In all commitments these convey
And where I'd alter gender's role
I feel that these will always stay.

But testing selfhoods inner drive
Affirms the swap will be complete
So all that holds me to my course
Comes from relationships I keep.

Then if self's tower is firmly built
And I'm at peace with inner strife
The path I'd take to join two lives
Shall test the tightrope of my life.

S.G.

September 2003

