

Feminization Training Guide

Feminization (sexual activity)

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Feminization or feminisation, sometimes forced feminization (shortened to forcefem or forced femme), and also known as sissification, is a practice in dominance and submission or kink subcultures, involving reversal of gender roles and making a submissive male take on a feminine role, which includes cross-dressing. Subsets of the practice include "sissy training" and variations thereof, where the submissive male is "trained" to become feminine.

Feminization as a sexual fetish is not the same thing as being a transgender woman, and the submissive partners engaging in it are typically cisgender men. It has been speculated that the fetish is rooted in societal pressure for men to be traditionally masculine.

Transgender voice therapy

have focused on voice feminization, as opposed to voice masculinization. Therapy has been shown to be effective in voice feminization, and the modification

"Voice therapy" or "voice training" refers to any non-surgical technique used to improve or modify the human voice. Because voice is a social cue to a person's sex and gender, transgender people may frequently undertake voice training or therapy as a part of gender transitioning in order to make their voices sound more typical of their gender, and therefore increase their likelihood of being perceived as that gender. Having voice and speech characteristics align with one's gender identity is often important to transgender individuals, whether their goal be feminization, neutralization or masculinization. Voice therapy can be seen as an act of gender- and identity-affirming care, in order to reduce gender dysphoria and gender incongruence, improve the self-reported wellbeing and health of transgender...

Feminizing hormone therapy

sex-hormonal medications are used in feminizing hormone therapy for transgender women. These include estrogens to induce feminization and suppress testosterone levels;

Feminizing hormone therapy, also known as transfeminine hormone therapy, is a form of gender-affirming care and a gender-affirming hormone therapy to change the secondary sex characteristics of transgender people from masculine to feminine. It is a common type of transgender hormone therapy (another being masculinizing hormone therapy) and is used to treat transgender women and non-binary transfeminine individuals. Some, in particular intersex people, but also some non-transgender people, take this form of therapy according to their personal needs and preferences.

The purpose of the therapy is to cause the development of the secondary sex characteristics of the desired sex, such as breasts and a feminine pattern of hair, fat, and muscle distribution. It cannot undo many of the changes produced...

Kathe Perez

for help making her voice more feminine. Perez developed a voice feminization training system, and founded the company Exceptional Voice. In 2009 Perez

Kathe S. Perez is an American speech-language pathologist who developed a voice feminization program. She is the co-creator of the Eva app.

Passing (gender)

augmentation, liposuction and buttock augmentation, in addition to facial feminization surgery (FFS). FFS is not necessarily one individual procedure, but often

In the context of gender, passing is someone being perceived as a gender they identify as or are attempting to be seen as, rather than their sex assigned at birth. Historically, this was common among women who served in occupations where they were prohibited, such as in combat roles in the military. For transgender people, it is when a person is perceived as a cisgender person of their gender instead of the sex they were assigned at birth. For example, a transgender man is passing if he is perceived as a cisgender man.

The appropriateness of the term passing, and the desirability of blending into society, are debated within the transgender community. A trans person who is perceived as cisgender may face less prejudice, harassment, and risk of violence, as well as better employment opportunities...

Erotic sexual denial

fetish Cuckquean fetish Delayed ejaculation Female domination Forced feminization Forced orgasm Erotic humiliation Eroto-comatose lucidity — a form of

Erotic sexual denial is a form of sexual activity whereby sexual gratification for one or both partners is delayed or "denied" in order to increase erotic arousal and/or tension. It is commonly used as sex play within the context of a dominance and submission relationship, though it can also be a solo practice. When used in the context of dominance and submission, the dominant partner is often encouraged to prioritize their own sexual pleasure over that of their submissive partner. The submissive partner receives gratification from providing sexual pleasure to their partner and from the feelings of vulnerability and tension that come from having their own sexual pleasure controlled by another. The prohibited sexual experience can be narrowly or broadly defined for a specific or indeterminate...

Janae Kroc

People described an Instagram post where Kroc described undergoing facial feminization surgery more than one year before she publicly came out. Earlier articles

Janae Marie Kroczaleski (born Matthew Raymond Kroczaleski) is an American who previously competed as a professional powerlifter and competitive bodybuilder.

In combined (squat, bench press, and deadlift) equipped powerlifting total, on April 25, 2009, in Iowa, Kroc set the male world record in the 220 lb. weight class with 2,551 lbs (composed of 738 pound bench press, 810 pound deadlift and 1003 pound back squat), which at the time was also the fifth highest total for the 242 lb. male weight class. Kroczaleski no longer held the record as of August 21, 2010, when a 2,715 pound total was achieved by Shawn Frankl (the man who held the record prior to Kroczaleski) in Ohio.

In 2015, Kroc came out as transgender and genderfluid, taking the name 'Janae' and adopting she/her pronouns. Kroc uses the...

Pink-collar worker

Feminization and Pay Reduction in Occupations "Demography. 55 (2): 669. Busch, Felix (1 March 2018). "Occupational Devaluation Due to Feminization?

A pink-collar worker is someone working in career fields historically considered to be women's work. This includes many clerical, administrative, and service jobs as well as care-oriented jobs in therapy, nursing, social work, teaching or child care. While these jobs may also be filled by men, they have historically been female-dominated (a tendency that continues today, though to a somewhat lesser extent) and may pay significantly less than white-collar or blue-collar jobs.

Women's work – notably with the delegation of women to particular fields within the workplace – began to rise in the 1940s, in concurrence with World War II.

Weightlifting

the original on 2010-04-12. Retrieved 2009-10-02. "The Complete Guide to Strength Training". search.lib.buffalo.edu. Retrieved 2022-12-01. Roberts, Michael

Weightlifting or weight lifting generally refers to physical exercises and sports in which people lift weights, often in the form of dumbbells, barbells or machines. People engage in weightlifting for a variety of different reasons. These can include: developing physical strength; promoting health and fitness; competing in weightlifting sports; and developing a muscular and aesthetic physique.

Olympic weightlifting is a specific type of weightlifting sport practiced at the Olympic Games, commonly referred to simply as "weightlifting". Other weightlifting sports include stone lifting, powerlifting, kettlebell lifting, and para powerlifting—the weightlifting sport practiced at the Paralympic Games. Different weightlifting sports may be distinguished by the different ways of lifting a weight,...

Sarah Ben-David

Family ("The Familists"). Ben-David published an article entitled "The Feminization of Domestic Violence" in Crimoblog, the newsletter of the Association

Sarah Ben-David (Hebrew: דוד-נב הרש) was an Israeli Professor of Criminology whose scientific and public activity focuses mainly on victimology and criminology and overlapping areas between these two fields. In recent years, Ben-David has worked to encourage research, awareness and therapy in the field of sexual harassment of men and women, and regarding awareness of the reciprocal nature of intimate partner violence and domestic violence.

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