



are gay men allowed to express their femininity?

**this journal is for gay men and queer folks who are tired of
hiding parts of themselves just to belong.
it's for anyone craving real connection, emotional safety, and
a community that celebrates them — not just tolerates them.
if you're done shrinking and ready to be fully seen — *start here***

an RGL Divinations journal.

by keir michael

for more visit realgaylife.com

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disclaimer.

this journal is for informational and reflective purposes only. it is not intended as a substitute for professional advice, therapy, or counseling. the author makes no guarantees about specific results, as personal growth and relationships are unique to each individual. by using this journal, you acknowledge that you are responsible for your own decisions and actions. if you are experiencing mental health concerns, please seek support from a licensed professional.



@brandonhead4410



"I enjoy the feminine side I possess, granted it took me a minute to accept it because of the 'dating app duo' (i.e. Jack'd, Grindr) — ***I thought I had to suppress my feminine side in order to feel accepted...***"



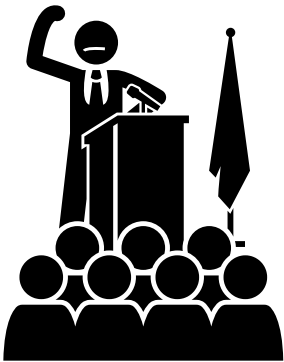
first off i want to say **thank you** to this commentor for their courage and sharing their truth.

this comment resonates with me a lot right now as *i have begun to see an overwhelming amount of "celebration" for gay man that are straight passing or what you all call "trade"...*



it brings me to the question...

***are feminine gay men acceptable?
or do we have to suppress our femininity to gain acceptance?***



who determines what is and isn't acceptable?



mark all that apply.

society.

media.

cishet, white, men.

the community you're part of.

your family.

your inner critic.



for me, i believe that it is **the community that you are apart of.**

to illustrate this further , **here are a few communities** that we all, at some point... have found ourselves apart of.

match each community with their corresponding expectations.

the community.	community expectations.
family gatherings	acceptable neutral clothes, clean cut appearance not acceptable emotional expression or strong opinions, dressing too bold, colorful, or unique
straight clubs & bars	acceptable modest, traditional clothing, quiet, reserved behavior not acceptable openly questioning tradition, self-expression that challenges norms, public affection or expressive clothing
workplace (corporate or service industry)	acceptable respect, obedience, staying "in your place", small talk, light humor, no controversy not acceptable challenging the status quo, expressing pain, disagreement, or boundaries
social media	acceptable flirting within expected gender roles, dressing sexy (for women), cool/confident (for men) not acceptable men being soft, emotional, or feminine, queerness that's not "fun" or palatable
church / religious spaces	acceptable aesthetic perfection, confidence, humor, and surface-level vulnerability not acceptable breaking the "rules" of beauty, success, or coolness, being complex or hard to categorize

now, lets talk about the gay community...



mark the boxes / fill in the boxes of traits that are celebrated / the most dominant in the gay community.

down to earth.

superficiality.

hooking up.

deep connections.

ghosting.

empathy.

_____ .
fill in the blank.

_____ .
fill in the blank.

_____ .
fill in the blank.

_____ .
fill in the blank.

_____ .
fill in the blank.

_____ .
fill in the blank.



if the traits that you have selected don't align with who you are... **THIS** is where the problem lies. **it is within the community that you choose to participate in.**

i don't think many of us have ever questioned if we align with what the community values. i feel that **many of us feel "stuck"** where we are at, and are unsure of where else to go.



lets get real with ourselves, *is this community one that we want to continue to be apart of, or do we want to find another / create one of our own?*

on a scale from one (i feel completely disconnected and unseen in this community – i want out.) to ten (i feel fully accepted, celebrated, and connected in this community – i want to stay.),

is this community one that you truly want to continue being a part of? or is it time to seek or build something better?



**not 100% sure how to answer that?
want a more honest look at where you really stand?**

i created a short assessment that helps you figure it out.
head to realgaylife.com and get your personal score.
(it only takes a few minutes, and your results might surprise you.)



realgaylife.com



take an assessment



am i thriving here, or just
surviving?



write you score here



so, **where do you go if the gay community is not a good fit for you?** if you don't feel seen, valued, and or celebrated by other men in the community?



first, lets get clear on what we do want, what we do value, and how we would like our community to make us feel.

Got Something on Your Heart?

Going through something? Have a question, a struggle, or a topic you wish more people talked about?

You're not alone—and you don't have to carry it alone.

Share what's on your mind at realgaylife.com/ask-the-community.
When you speak up, you help someone else feel seen, too. **We're in this together.**

join the conversation at realgaylife.com





📧 **thank you for doing the work.**

seriously — this is how we change things.
by slowing down, getting honest with ourselves, and choosing something deeper.
you doing this work matters!
it's how we build the kind of community we all wish existed.

this free resource was made possible by **real gay life patreon subscribers** and
real gay life supporters.

if you found this helpful and want access to the **full guided journal**, plus:
unlimited deep-dive prompts
7-day reflection cards
and full **affirmation decks** for every topic [**join us now**](#)