

My Name Is Bryan Stacy Lynn Carroll

I was born on a cold winter night in the heart of rural Wisconsin. My parents, both farmers, were simple and hardworking people who instilled in me the values of honesty, integrity, and perseverance.

Growing up, I was always different. I didn't fit in with the other boys my age, and I often felt isolated and alone. I was bullied relentlessly for being effeminate, and the taunts and insults cut me deeply.



My Name is Bryan by Stacy Lynn Carroll

★★★★☆ 4.5 out of 5

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As I grew older, the bullying only intensified. I became withdrawn and depressed, and I began to self-harm. I felt like there was something inherently wrong with me, and I longed for a place where I could belong.

In high school, I finally found my tribe. I joined the drama club and discovered a group of accepting and supportive friends who embraced me for who I was. I also discovered my passion for theater, and it became a creative outlet for me to express myself.

After graduating high school, I moved to the city to pursue my dream of becoming an actor. It was a difficult transition, and I struggled to find my footing in the competitive world of entertainment. I worked odd jobs to make ends meet, and I auditioned for countless roles that I never got.

During this time, I also struggled with my mental health. I was diagnosed with depression and anxiety, and I was prescribed medication to help me cope. I also began therapy, and it was there that I finally started to understand the root of my pain.

Through therapy, I learned that the bullying I had experienced as a child had left deep scars on my psyche. I had internalized the negative messages that had been hurled at me, and I had come to believe that I was unworthy of love and acceptance.

It took a lot of work, but I slowly began to heal. I learned to challenge the negative thoughts that had haunted me for so long, and I started to see myself in a new light. I realized that I was not defined by my past, and that I was worthy of a happy and fulfilling life.

In 2016, I came out as transgender. It was a decision that I made after years of wrestling with my gender identity. I had always felt like a woman trapped in a man's body, and I knew that I could no longer live a lie.

Coming out was both terrifying and liberating. I lost some friends and family members, but I also gained a new sense of freedom and authenticity. I finally felt like I could be my true self, and I embraced my femininity with a newfound confidence.

Since coming out, I have dedicated my life to advocating for mental health and LGBTQ+ rights. I believe that everyone deserves to live a life free from discrimination and prejudice, and I am passionate about creating a more inclusive and just world.

I am a survivor. I have overcome adversity and found my voice. I am a proud transgender woman, and I am committed to fighting for the rights of all LGBTQ+ people.

My name is Bryan Stacy Lynn Carroll, and this is my story.



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