

Self-help Questionnaire for Same-Sex Attractions

You can use this paper as a Word Document and fill in what happened to you. Write as much as you can.

At birth every child automatically identifies with the mother, but at age 18 months babies begin to understand that there are men and women. With boys, this is what usually happens:

Question 1. At age 2-3, a boy gets to identify with dad. Dad is who I am, or who I will be, and who I want to become.

Was that true for you too? Can you explain:

Question 2. At age 3, boys will create a distance to mother, knowing they are different.

Was that true for you too? Can you explain:

Question 3: At age 4, boys feel ever more comfortable about the distance to mother, because identifying with dad feels good and right

Did that apply to you? Explain:

Question 4: At age 5-10, boys experience much fun with other boys and take initiative in doing so. All boys feel like I am, we are all ME.

Was that true for you? Explain:

Question 5. In childhood all boys create distance to girls. "Girls are stupid", "boys are great, we are kings of the world, we have sword fights, we play cowboys and Indians, we fight because we are tough, and we try to be tough". Was that true for you? Explain:

Question 6. Ever more boys learn to feel good with boys, and to love being a boy. We are great. Was that true for you? Explain:

Question 7: In all these moves, in all this becoming a boy, mom and dad approve. They like it, they affirm it, they respect it. Was that true for you? Explain:

Question 8. Dad is proud of his little boy, this replica of himself, this offspring from his spermcells. His son makes him feel good because in him he recognizes his former self and loves the boy to become like him, a chip off the old block. Was that true for you? Explain:

Question 9. Dad is openly heterosexual and loves his boy to become like him: heterosexual. Was that true for you? Explain:

Question 10. The parents approve of signs of heterosexuality, approve of talking about girlfriends; sexuality is part of the family culture, and parents affirm the growth of a sexual young man.

Was that true for you? Explain:

Question 11: The mother does not appeal to her son or use him for her personal needs and problems, nor does she use him as a confidant. She keeps a healthy distance, and does not entangle him in her marriage problems and secrets, or her ambivalences towards her husband. She demonstrates how healthy boundaries are kept in the parent-child relationship.

Was that true for you? Explain:
