

SAMESEXATTRACTION.ORG

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What is Same-sex Attraction?

Same-sex attraction includes erotic thoughts, feelings, and behaviors directed toward the same sex. A person who experiences same-sex attraction may experience emotional and sexual feelings or attractions, and may or may not engage in sexual behavior. Same-sex attraction cannot be identified simply by the presence or absence of outward sexual behavior.

Same-sex attraction is also sometimes referred to as *same-gender attraction* or *homosexuality*, although these are clinically different issues. (See a clinical [definition of terms](#).) This section defines common terms, then describes the influence of attractions, identity, and behavior on the development of same-sex attractions.



Description

Emotional and social interests in individuals of the same sex are healthy as long as they are not excessive and do not develop a sexual or erotic dimension. When same-sex interests become extreme and are eroticized, they become *same-sex attraction* (also known as *same-gender attraction* or *homosexuality*).

Same-sex attraction is an intense interest in others of the same sex. This interest may include desires for their attention, friendship, intimacy, or a fascination with their bodies and other gender traits. It may also include erotic thoughts, feelings, and behaviors directed toward the same sex. The psychological community uses the term *homosexuality* to refer to the entire complex that includes attractions, feelings, desires, sexual behavior, identity, and all its associated aspects, such as problems with masculinity or femininity, self-perception, emotional dependencies, and relationship issues.

A person who experiences same-sex attraction may experience one or more of the following:

- Intense attractions toward people of the same sex. (These feelings may or may not be sexual or erotic.)
- Intense emotional involvement with people of the same sex.
- Sexual behavior. (The presence or absence of homosexual behavior does not determine whether someone experiences same-sex attraction—it cannot be identified simply by the presence or absence of outward sexual behavior.)

The term *homosexual* is a clinical term that may be offensive when used as a noun to identify individuals who are trying to overcome same-sex attraction, as well as those who embrace a gay identity. The former typically prefer the terms same-sex attraction or same-gender attraction and the latter typically prefer the terms *gay* (referring to men) and *lesbian* (referring to women). Those who are overcoming same-sex attraction typically do not like the terms *gay* or *lesbian* because they imply a political, cultural, and social identity. (Read more about [gay identity](#).) They don't like the term *homosexual* because it is defined in such a wide variety of clinical and psychiatric ways. *Homosexual* may be appropriately used as an adjective, such as *homosexual behavior*.

See [sexual orientation](#) for further information.

Attractions

Same-sex attractions develop over time and almost always without any conscious choice. At some point in your life, you may have realized that you were sexually attracted to other men.* These inner attractions can become intense, compelling sexual thoughts toward other men and may consume a great deal of your thoughts and energy. If the sexual attractions are not resolved, they can grow into obsessions that interfere with your ability to function at work and at home, and can be destructive spiritually. Same-sex attractions are usually more compelling than attractions toward the opposite sex because they spring from more than sexual desires—they are attempts to fill unmet emotional and social needs.

Many men report they first noticed these attractions before puberty—before they felt or understood sexual feelings. The feelings were not inherently sexual, but at some point became eroticized. The needs involved are normal social and emotional needs that everyone has, but have become confused and sexualized toward the same gender. The attractions are actually attempts to meet the emotional and identity needs that have not yet been met in your life. As a child, some part of your normal developmental process was stopped and interfered with your ability to develop a normal heterosexual orientation. Ironically, sexual intimacy will not fill the needs. They should not be ignored (the conservative mistake) nor eroticized (the liberal mistake), but should be filled through legitimate, nonsexual means. Here, then, is the irony: same-sex attraction itself has little to do with sex. The needs are not *homosexual*, but *homoemotional*.

Identity

Many men with same-sex attractions report they felt "different" as boys but didn't know why. For them, the pain of growing up with same-sex attractions was not so much the pain of being attracted to boys, but the feelings of being different. If this describes you, these feelings of being different may have become self-fulfilling prophecies as you separated yourself from the very boys you needed to bond with. You may have longed to feel you were on par with other boys, but this longing only widened the gulf between you and the rest of the guys. Feeling different may have created a mindset that influenced

your self-perception and development. When other children sensed this hesitancy, they may have attacked it, confirming that you were different. Thus, you withdrew from other boys to defend yourself from the pain.

You may have sensed your attractions were abnormal because of the "fag" jokes you heard, so you learned to keep the feelings to yourself, creating further problems of isolation and secrecy, which are powerful forces that keep same-sex attractions from being resolved. When the rest of your male friends seemed normally attracted to females, you may have wondered why you were abnormally attracted to males. Knowing that these attractions were in conflict with your religious beliefs and society's norms, you realized that your innermost feelings were wrong and since you didn't choose to have these feelings, you may have wondered if there was something inherently wrong with you. This may have created an internal struggle as you desperately tried to understand the unnatural feelings and make sense of them in terms of your own internal values and religious beliefs.

Our identity is an accumulation of self-perceptions. Some people believe they were born with same-sex attraction feelings which are part of their core identity. If you have accepted a gay identity, it has far-reaching implications and can profoundly influence how you think and act. If you want to resolve these same-sex attraction issues, part of your challenge will be to correct any misperceptions about yourself.

Read more about [gay identity](#), [gay rights](#), and [gay activism](#).

Behavior

Same-sex attractions can be strong if you entertain sexual fantasies. Because of the intensity of these sexual desires, you may have participated in sexual activities to fill the void you feel. However, this causes further confusion, leading you to believe that your needs are sexual rather than emotional. In a desperate attempt to satisfy these building tensions, you may have become involved in sexual activities that provide a temporary gratification of the sex drive, but leave you with deeper feelings of emptiness, loneliness and frustration. Rather than satisfying the real needs for acceptance and companionship, the sexual behavior only intensifies the needs. One of the greatest tragedies of same-sex attraction is the unawareness in most men that their needs are emotional. All they know is that they are sexually attracted to other men and they seek sexual contacts, which ironically do not fill their need for love from a friend. (Read more about [controlling your homosexual behavior](#).)

Not all men find themselves involved in sexual behavior. Some men have participated in only limited behavior and others have remained chaste in spite of their intense attractions. If you have not become involved in same-sex attraction behavior, your journey out of same-sex attraction will be much easier.

Read [myths about same-sex attraction](#)

* As explained in the [About Us](#) section, most of the theories, approaches, and ideas on this site relate to men. Much of this information may also be helpful to women who experience same-sex attraction and some may not.

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What Causes Same-sex Attraction?

Same-sex attraction is the result of a complex interaction of personality, biological inheritance, and developmental experiences.

People do not choose to have same-sex feelings. These attractions usually develop because social and emotional needs were not met in the developmental years.

Men do not develop same-sex attraction because they are afraid of women. Women do not develop same-sex attraction because they are afraid of men. In reality, relationships with the opposite gender usually have little to do with same-sex attraction; instead, they have to do with relationships with the same gender.

Many factors contribute to the development of homosexual attractions. In answer to the question "What causes a person to have a particular sexual orientation?", the website for the [American Psychological Association](#) states the following: "There is no consensus among scientists about the exact reasons that an individual develops a heterosexual, bisexual, gay or lesbian orientation. Although much research has examined the possible genetic, hormonal, developmental, social and cultural influences on sexual orientation, no findings have emerged that permit scientists to conclude that sexual orientation is determined by any particular factor or factors. Many think that nature and nurture both play complex roles; most people experience little or no sense of choice about their sexual orientation."

Dr. Elizabeth Moberly, author of *Homosexuality: A New Christian Ethic*, explained, "[M]any things are capable of causing the disruption in attachment that underlies the homosexual condition. It is not a question of one particular cause leading of necessity to one particular effect." ([Moberly](#), p. 3)



It is difficult to develop theories about the origins of homosexual attractions because no single theory fits every situation. Although there are some commonalities among people, there are no constants. Factors are different from person to person, or at least individual reactions to the same factors vary. Humans are complex beings and our behaviors are the result of many complex interactions. ([Archives](#), pp. 399-404) This section discusses how personality, biological inheritance, and developmental experiences influence you. As you read the following, consider how each concept may apply to you.

Personality

Every person has a unique personality. We have different likes, desires, dreams, and moods. We see ourselves and the world in different ways and each of us hopes for something a little different from life. One child may be content with the affection he receives from his parents, while his sibling who receives the same attention feels a deficit and requires more. Some children seem content to play by themselves, while others who have many friends seem to need even more.

Many men with same-sex attractions have a heightened sense of emotional sensitivity which can make them vulnerable to emotional hurt when their high expectations are not met. Since we all have different needs and perspectives on life, it is easy to see why two people in the same situation will react differently. For one person, a negative situation may be manageable, while for another it is a devastating crisis.

Biology

Some scientists have intently tried to discover scientific proof that same-sex attraction is genetic, and therefore, cannot be changed. Some studies hint at a biological component, but have not proven that same-sex attraction is an inborn or biologically-determined characteristic.

Biology may play some small role in influencing behavior or feelings. Some people seem susceptible to particular actions and may be drawn toward them or become addicted to them more easily than other people. (Oaks, p. 9) One person may be able to dabble with gambling, while another becomes a compulsive gambler. Some may drink only socially, while others have an unusual attraction to alcohol. Studies indicate that genetics may be a factor in susceptibilities to some behavior-related disorders, such as aggression, obesity, or alcoholism. Likewise, there are theories that claim biological predispositions influence the development of homosexual attractions when other life experiences are also present. ([Friedman and Downey](#), p. 149)

Beyond such predispositions, some scientists search for more direct genetic causes—a gene or chromosome that actually determines sexual orientation. ([Friedman and Downey](#), p. 149) None of these studies has shown any direct genetic cause of homosexuality. For more information on these specific studies, see [biological causes of same-sex attraction](#).

Regardless of the role that genetics play in the development of sexual attractions, such attractions are changeable and treatable. In analogy, although the City of Hope National Medical Center researchers found a certain gene present in 77% of the alcoholic patients they studied, we have not abandoned treatment for alcoholism. ([Dallas](#), 1992, pp. 20–23.) Many former alcoholics have changed their behavior and lead productive lives. You have control over your destiny. You have moral agency and can determine the course of your life. Regardless of any biological thread, thousands of people who experience same-sex attractions have made changes in their lives for the better.

Read "[A Genetic Cause of Homosexuality?](#)"

Developmental experiences

Professionals agree that environment influences a child in significant ways. Your family, friends, society, and experiences influence how you feel, how you view life, and how you act. Dr. William Consiglio refers to this myriad of social and psychological factors as a "conspiracy of factors," meaning that many factors "conspired" or came together in the right amounts at the right time to divert sexual desires in you as a developing child toward other children. ([Consiglio](#), p. 59) Some of these factors include your relationship with your family and peers, your ability to identify with masculinity or femininity, the degree to which your emotional needs are fulfilled, your feelings of self-worth, and early sexual experiences. Read more about these [developmental factors](#).

Many boys become aware of their same-sex attractions at an early age (sometimes before age five). The most important formative years for the development of sexual feelings and attitudes are during late infancy and before the onset of puberty, and not during puberty and adolescence. Dr. John Money explained, "The hormones of puberty activate what has already formed and is awaiting activation." ([Money](#), p. 124) Your development of heterosexual interests would have proceeded instinctively if emotional maturity has not been obstructed by issues such as those just discussed. Dr. William Consiglio explains that "homosexuality is not an alternative sexuality or sexual orientation, but an emotional disorientation caused by arrested or blocked emotional development in the stream of heterosexuality." ([Consiglio](#), 1991, p. 22) But the good news is that the condition is correctable. When these blockages are "successfully reduced, diminished, or removed, human sexuality can resume its natural heterosexual flow..." ([Consiglio](#), 1991, p. 22) Your same-sex urges are not unrealistic or rebellious. It is not a fear of, or a flight from, heterosexuality. It is actually an unconscious attempt to fill your normal emotional needs and when these needs begin to be filled, you can begin again progressing toward full heterosexual maturation. ([Moberly](#), chapter 2)

Summary

Personality, genetics, and developmental experiences all have a place in influencing the development of homosexual attractions. Drs. Byne and Parsons at Columbia University believe it is important to "appreciate the complexities of sexual orientation and resist the urge to search for simplistic explanations, either psychosocial or biologic." ([Byne and Parsons](#), pp. 236–37) They emphasize that in addition to the influences of genetics or the environment, the individual plays an important role in determining his or her identity.

Dr. John Money stated, "Many wrongly assume that whatever is biological cannot be changed, and whatever mental can be. Both propositions are in error. Homosexuality is always biological and always mental, both together. It is mental because it exists in the mind. It is biological because the mind exists in the brain. The sexual brain through its extended nervous system communicates back and forth with the sex organs." ([Money](#), p. 123)

Our character is the net result of our choices and life experience. An article in *Harvest News* stated, "Some of us are shy, some anxious, some have problems with anger or chemical dependence, some of us fear commitment. Did we 'choose' any of these things? Actually, *all* of our adult personality is the result of a complex interplay of heredity and family environment with thousands of small personal decisions dating back as far as we can remember. The results are deeply entrenched ways of feeling, thinking, acting." ([Harvest News](#), p. 3) Although you may have had no control over the emergence of same-sex attractions, you can choose how to respond to them.

Dallin H. Oaks has said that "some kinds of feelings seem to be inborn. Others are traceable to mortal experiences. Still other feelings seem to be acquired from a complex interaction of 'nature and nurture.'

All of us have some feelings we did not choose, but the gospel of Jesus Christ teaches us that we still have the power to resist and reform our feelings (as needed) and to assure that they do not lead us to entertain inappropriate thoughts or to engage in sinful behavior." ([Oaks](#), p. 10)

For further reading

"[A Genetic Cause of Homosexuality?](#)" by Jason Park

Stolen Childhood: What You Need to Know About Sexual Abuse by Alice Huskey.

The Wounded Heart: Hope for Adult Victims of Childhood Sexual Abuse by Dr. Dan B. Allender.

The Innate-Immutable Argument Finds No Basis in Science: In Their Own Words: Gay Activists Speak About Science, Morality, Philosophy by A. Dean Byrd, Ph.D.; Shirley E. Cox, Ph.D.; and Jeffrey W. Robinson, Ph.D. Scientific attempts to demonstrate that homosexual attraction is purely biologically determined have failed. The major researchers now prominent in the scientific arena—themselves gay activists—have in fact arrived at such conclusions.

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Resolving Same-sex Attractions

If you want to overcome same-sex attraction (homosexuality), there is a way out. This section reviews the major areas you will need to address and provides practical help and resources.



Before proceeding with this section, we

recommend you read the sections [What is Same-sex Attraction?](#) and [What Causes Same-sex Attraction?](#) to have a solid understanding of the issues before you. Then read the section [What to Do About Same-sex Attraction](#), which suggests you define your personal values and consider your options--either to accept a gay identity or a heterosexual identity. The section [Why Try to Change Same-sex Attraction?](#) will help you to understand more about making the decision to resolve the issues surrounding same-sex attraction.

If you have decided that you want to resolve the issues underlying your same-sex attractions and attempt to diminish your same-sex desires and live a heterosexual life, then this section is for you. There are many people who were previously conflicted by same-sex attractions and the desires to act on them, but now have diminished the feelings and attractions and have eliminated homosexual behavior.

Read the following topics to understand what it means to resolve same-sex attractions:

- [Is it possible to resolve same-sex attraction?](#)
- [How to talk about the process of change](#)
- [What does it mean to resolve same-sex attraction?](#)
- [How many people resolve same-sex attraction?](#)
- [How long does it take?](#)
- [How complete will the change be?](#)
- [How can church leaders help?](#)
- How can families and friends help?

Read about the methods for resolving same-sex attractions:

[Choice, freedom, and responsibility](#)

We all have the power to choose how we will respond to life's situations. Those choices have consequences and our lives are the net result of all those choices. This section discusses the freedom we have to choose and the relationship between responsibility, accountability, and authority. Learn more in the section [Choice, freedom, and responsibility](#).

[Plan of action](#)

If you want to resolve issues with same-sex attraction, you need to develop a personal action plan considering the specific things you need. The issues are complex and differ from person to person. Your success depends on creating and following a personal plan of action. Topics covered: making a self-inventory, considering emotional and spiritual aspects, keeping balance, setting boundaries, monitoring progress, being accountable, journaling, and considering who you should tell (spouse, parents, siblings, children, friends). Learn more in the section [Plan of Action](#).

[Personal study](#)

There are many of good books and websites that can help you understand your situation. It seems that those who have the most success in understanding their feelings and controlling their behavior are those who read the most. The more you study, the more you are exposed to ideas that may help. Learn more in the section [Personal Study](#).

[Support groups](#)

Support groups can help you by providing understanding and acceptance from others, and the encouragement to continue through the lengthy process. Topics covered: choosing a support group, joining a group, open and closed group formats, how to support each other in a group, confidentiality and anonymity, spirituality, safety, how to deal with sexual problems among group members, and how to find a support group. Learn more in the section [Support Groups](#).

[Sports programs](#)

For some men, sports was one of the things that separated them from other boys. Participation in an experiential sports program can teach basic skills in a sport and provide opportunities to play the sport. Participants learn how to function on a team and have the chance to work through defensive detachment and face and resolve their fear of the sport. Learn more in the section [Sports Programs](#).

[Therapy](#)

Therapy can help you clarify your identity and make life choices that are consistent with your personal values. This section talks about modern therapeutic methods, gay-affirmative therapy, gender-affirmative therapy, choosing a therapist, the therapeutic process, professional ethics, individual therapy, group therapy, and what to do if therapy is not available to you. Learn more in the section [Therapy for same-sex attraction](#).

[Behavior](#)

Although you have same-sex attractions, you can choose your behavior and set personal boundaries on your actions. You need to modify your habits and addictions because they can compromise your power to choose. Topics covered: understanding your behavior, committing to change, habits, addictions, compulsions, personal boundaries, temptation, sin, suggestions for changing behavior patterns, setbacks, and specific suggestions regarding fantasy, pornography, masturbation, and homosexual behavior. Learn more in the section [Behavior](#).

[Self-Perception](#)

We are greatly influenced by our perception of our self and the world around us. Since these perceptions govern how we feel about ourselves and, ultimately, how we act, it is critical that we see ourselves for who we really are. When we better understand ourselves and expand our self-image, we expand the possibilities. This section discusses the concept of paradigms, then gives suggestions on how to improve your self-image and your feelings of self-worth. Learn more in the section [Self-Perception](#).

[Gender identity](#)

Many men and women who experience same-sex attraction feel inadequate in their masculinity and femininity. How you feel about yourself is crucial because these inner feelings of being incomplete or inadequate can be a breeding ground for same-sex attraction. Those who experience same-sex attraction commonly experience feelings of inadequacy in their masculinity or femininity. Learn more in the section [Gender Identity](#).

[Emotions](#)

We all have emotions, but few of us know what to do about them. If you want to overcome homosexual behavior and change your perception of yourself, what do you do with your emotions? Once we understand things intellectually, we need to accept them emotionally. We shouldn't be ruled by our emotions, but we also shouldn't deny they exist. Our emotional nature can become whole when we accept and understand our feelings, and deal with them in a healthy way. Learn more in the section [Emotions](#).

[Relationships](#)

Same-sex attraction often stems from relationship deficits and one of the keys to resolving it is to repair existing relationships and build new, healthy ones. Those who make the most progress in resolving their problems are those who build quality relationships with others of the same sex. Learn more in the section [Relationships](#).

[Spirituality](#)

Many people who experience same-sex attraction are deeply spiritual. Satan recognizes this spiritual sensitivity and tries to use it against them. Tragically, their emotional needs are misdirected to same-sex feelings that divert them from developing higher levels of spirituality. To win this fight, you must be strong, have faith, and draw on the powers of heaven. Learn more in the section [Spirituality](#).

[Adversity](#)

Living a righteous life does not mean that bad things will not happen to you. A common misbelief is that if we strive with all our might to live good lives, nothing bad will happen to us. But the truth is, bad things may happen to the best of people. "The Savior may not take away our problems, and he certainly will not shield us from all pain, but he will provide us perspective and strength to bear up under them." Learn more in the section [Adversity](#).

Testimonials

Many individuals have publicly recounted their experiences in overcoming the effects of same-sex attraction (homosexuality). For example:

- [Jason Park](#) is a married man who has resolved his same-sex attractions. He has shared his experience publicly on the [People Can Change website](#) and has written [three books on the subject](#), which have also been translated into Spanish.
- Ty Mansfield co-authored a book about his same-gender attractions (see [In Quiet Desperation: Understanding the Challenge of Same-Gender Attraction](#)) and has been interviewed on radio and television.
- The book [A Place in the Kingdom: Spiritual Insights from Latter-day Saints about Same-Sex Attraction](#) details a number of personal experiences.
- The [People Can Change](#) website documents a number of personal experiences.
- The book [Resolving Homosexual Problems](#) has a number of personal experiences in the appendix.
- Many people blog about their life. See, for example, [The Weed, Keep Changing: A Gay Mormon Journey](#), [Hidden Shadows](#), [Springs of Water](#), and [Northern Lights](#).

You may also wish to refer to the page [Organizations](#) to find people available to help those who have unwanted same-sex attractions.

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Organizations

The following organizations can provide education and help in dealing with same-sex attractions. Some are faith-based ministries and others are professional or service organizations.

Center for Gender Wholeness. A psychological clinic with extensive experience in helping those with unwanted same-sex attraction. www.genderwholeness.com, email: info@genderwholeness.com, phone: (801) 272-3200.

Century Publishing. Publishes books on same-sex attraction and related issues. P O Box 11307, Salt Lake City, UT 84147, e-mail: info@centurypubl.com Internet: www.centurypubl.com

Coming Out Again Ministries A Christian ministry that provides a personal biblical counseling and discipleship program, family support groups, family network placement program, program books, workbooks, CDs, DVDs and other services for free to those who are accepted to the discipleship program. www.comingoutagain.org

Courage An organization for Roman Catholics who wish to follow the teachings of the church about homosexuality. They offer support groups and counseling services. www.couragerc.net

Desert Stream Provides Christ-centered help for those struggling with a variety of sexual and relational problems, and for those with life-defining illnesses. www.desertstream.org

Evergreen International This nonprofit organization provided direction and support to Latter-day Saint (Mormon) men and women who want to diminish their same-sex attraction and free themselves from homosexual behavior. It was also a resource to family and friends, professional counselors, religious leaders, and all others who wish to help individuals who desire to change. Evergreen merged with North Star in January 2014. See the North Star entry below.

Exchange Ministries This non-denominational Christian ministry has served men and women and families in the Orlando area and across the nation for over 30 years. www.exchangeministries.org

Exodus Global Alliance This network of interdenominational Christian ministries offers encouragement and education in addressing the issue of homosexuality from a Biblical perspective. Exodus maintains a referral list of ministries in Africa, Asia Pacific, Brazil, East Asia, India, Europe, and Latin America. ExodusGlobalAlliance.org and ExodusAsiaPacific.org (Note that this organization is not affiliated with Exodus International which has been discontinued.)

Family Research Council A research, resource, and educational organization that promotes the traditional family. It opposes gay marriage and adoption rights. It publishes numerous reports and newsletters from a conservative perspective on issues affecting the family. 700 13th Street NW, Suite 500, Washington, DC 20005, phone 202/393-2100. www.frc.org

Focus on the Family A Christian organization that seeks to strengthen the traditional family. It has done research on homosexuality and school programs, civil rights laws, and other public policy questions. They publish numerous books and a monthly magazine. 420 N. Cascade Avenue, Colorado Springs, CO 80903, phone 719/531-3400. www.family.org

Free To Be Me A Christian website for youth seeking answers about same-sex attraction (homosexuality). www.freetobeme.com

Harvest USA An outreach ministry in Center City, Philadelphia to the homosexual community to provide hope in the Gospel of Jesus Christ. The ministry reached out to men and women who heard the gospel and desired to leave behind the

gay lifestyle. www.harvestusa.org

Homosexuality and the Scientific Evidence An academic site showing scientific evidence that homosexuality is not inborn or fixed and that change is possible. www.mygenes.co.nz

Homosexuals Anonymous A nondenominational Christian organization that uses a modified twelve-step program modeled on that of Alcoholics Anonymous. The organization publishes a newsletter and other publications. P. O. Box 7881, Reading, PA 19603, phone 800/253-3000 or 610/376-1146.

Hope for Wholeness A network of Christian ministries, churches, counselors, public speakers, and other organizations. They provide a workbook and video series curriculum on homosexuality as well as an annual national conference. www.HopeForWholeness.org

Jews Offering New Alternatives to Homosexuality (JONAH) A non-profit international organization dedicated to educating the world-wide Jewish community about the social, cultural and emotional factors which lead to same-sex attractions. JONAH works directly with those struggling with unwanted same-sex sexual attractions (SSA) and with families whose loved ones are involved in homosexuality. P.O. Box 313, Jersey City, NJ 07303, phone: 201/433-3444. www.jonahweb.org

Joel 2:25 International is a Christian community that proactively engages and affirms men and women throughout the world who experience same-sex attraction, providing ongoing prayerful support that encourages relational healing, sexual sobriety, and spiritual growth. Joel 2:25 meetings are held locally in Dallas, Texas and virtually through small groups and video conferences with participants from over 65 countries. www.joel225.org

Living Hope Ministries An interdenominational ministry seeking to serve the Body of Christ with support groups, and counseling to those dealing with or affected by homosexuality. www.livehope.org

National Association of Research and Therapy of Homosexuality (NARTH) An educational organization dedicated to the research, therapy and prevention of homosexuality. 16542 Ventura Blvd., Suite 416, Encino, CA 91436, phone 818/789-4440. Internet: www.narth.com

North Star A place of community for Latter-day Saints (Mormons) dealing with issues surrounding homosexual attraction who desire to live in harmony with the teachings of Jesus Christ and the values and doctrines of The Church of Jesus Christ of Latter-day Saints. Mailing Address: 2711 Centerville Road, Suite 120, PMB 6132, Wilmington, DE 19808. Phone: (800) 391-1000. www.northstarlds.org

One by One The ex-gay ministry of the Presbyterian church. P.O. Box 10055, Rochester, NY 14610, phone: 716/482-1991. www.oneby1.org

Parents and Friends of Ex-Gays (PFOX) An organization of parents, spouses, family members and friends providing outreach, education, and public awareness in support of the ex-gay community and families touched by homosexuality. PFOX supports families, advocates for the ex-gay community, and educates the public on sexual orientation. P.O. Box 510, Reedville, VA 22539, phone: 804-453-4737. www.pfox.org

People Can Change A comprehensive website of invaluable information for people who want to overcome same-sex attraction. www.peoplecanchange.com

Positive Alternatives to Homosexuality (PATH) A non-profit coalition of organizations that help people with unwanted same-sex attractions realize their personal goals for change—whether by developing their innate heterosexual potential or by embracing a lifestyle as a single, non-sexually active man or woman. www.pathinfo.org

Reach Truth is an online program for individuals to find truth and grace in their sexual struggles. Reach Truth provides hope and encouragement as you journey to learn about the truth. www.reachtruth.com

Restored Hope is a network of individual Christian ministries dedicated to restoring hope to those broken by sexual and relational sin, especially those impacted by homosexuality. www.restoredhopenetwork.com

SameSexAttraction.org An informational website that explains the issues about same-sex attraction (homosexuality) and provides alternatives for those who choose not to be gay. Based on traditional Judeo-Christian beliefs. Contains practical helps and resources. www.samesexattraction.org

Sexaholics Anonymous A fellowship of men and women who want to stop their sexually self-destructive thinking and behavior. The philosophy and program is taken directly from the twelve steps and twelve traditions of Alcoholics Anonymous. P. O. Box 111910, Nashville, TN 37222, phone 615/331-6230. www.sa.org

STAR Program (Sexual Trauma And Recovery) (www.lifestarnetwork.org) offers programs for sexual addiction and sexual codependency.

Transforming Congregations A ministry of United Methodist Churches that affirms "the Biblical position that God loves all persons, that homosexual practice is one sin among many and that the Holy Spirit is available to transform all persons - including homosexual persons." P.O. Box 7146, Penndel, PA 19047, phone: 215/752-9655. www.transcong.org

True Freedom Trust (www.truefreedomtrust.co.uk), a Christian, ex-gay ministry based in the United Kingdom.

Where Grace Abounds A Christian ministry that guides and supports men and women who seek to understand sexuality and relationship, and to inspire all people to know and personally appropriate God's plan for their sexuality and relationships. Provides help with sexual addiction, pornography, past sexual abuse, homosexuality, sexual identity, false intimacy, boundaries, and codependency.
<http://wheregraceabounds.org>

Witness Freedom Ministries, Inc. A nonbinding fellowship of Christian ministries led by and primarily for people of color who experience homosexuality, gender identity, and sexual damage. They advocate for the choice to change.
www.witnessfortheworld.org

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Religious-based Information

The following information is provided by organizations that serve specific religious groups on issues about same-sex attraction.

Catholic

- **Courage** An organization for Roman Catholics who wish to follow the teachings of the church about homosexuality. They offer support groups and counseling services. www.couragerc.net
- **SameSexAttraction.org** An informational website that explains the issues about same-sex attraction (homosexuality) and provides alternatives for those who choose not to be gay. Based on traditional Judeo-Christian beliefs. Contains practical helps and resources. www.samesexattraction.org

Christian (non-denominational)

- **Coming Out Again Ministries** A Christian ministry that provides a personal biblical counseling and discipleship program, family support groups, family network placement program, program books, workbooks, CDs, DVDs and other services for free to those who are accepted to the discipleship program. www.comingoutagain.org
- **Desert Stream** Provides Christ-centered help for those struggling with a variety of sexual and relational problems, and for those with life-defining illnesses. www.desertstream.org
- **Exodus Global Alliance** This network of interdenominational Christian ministries offers encouragement and education in addressing the issue of homosexuality from a Biblical perspective. Exodus maintains a referral list of ministries in Africa, Asia Pacific, Brazil, East Asia, India, Europe, and Latin America. ExodusGlobalAlliance.org and ExodusAsiaPacific.org (Note that this organization is not affiliated with Exodus International which has been discontinued.)
- **Free To Be Me** A Christian website for youth seeking answers about same-sex attraction (homosexuality). www.freetobeme.com
- **Harvest USA** An outreach ministry in Center City, Philadelphia to the homosexual community to provide hope in the Gospel of Jesus Christ. The ministry reached out to men and women who heard the gospel and desired to leave behind the gay lifestyle. www.harvestusa.org
- **Homosexuals Anonymous** A nondenominational Christian organization that uses a modified twelve-step program modeled on that of Alcoholics Anonymous. The organization publishes a newsletter and other publications. P. O. Box 7881, Reading, PA 19603, phone 800/253-3000 or 610/376-1146.
- **H.O.P.E. Ministries** An interdenominational ministry seeking to serve the Body of Christ with support groups, and counseling to those dealing with or affected by homosexuality. www.livehope.org
- **Reach Truth** is an online program for individuals to find truth and grace in their sexual struggles. Reach Truth provides hope and encouragement as you journey to learn about the truth. www.reachtruth.com
- **Restored Hope** is a network of individual Christian ministries dedicated to restoring hope to those broken by sexual and relational sin, especially those impacted by homosexuality. www.restoredhopenetwork.com
- **SameSexAttraction.org** An informational website that explains the issues about same-sex attraction (homosexuality) and provides alternatives for those who choose not to be gay. Based on traditional Judeo-Christian beliefs. Contains practical helps and resources. www.samesexattraction.org
- **True Freedom Trust** (www.truefreedomtrust.co.uk), a Christian, ex-gay ministry based in the United Kingdom.
- **Where Grace Abounds** A Christian ministry that guides and supports men and women who seek to understand sexuality and relationship, and to inspire all people to know and personally appropriate God's plan for their sexuality and relationships. Provides help with sexual addiction, pornography, past sexual abuse, homosexuality, sexual identity, false intimacy, boundaries, and codependency. <http://wheregraceabounds.org>
- **Witness Freedom Ministries, Inc.** A nonbinding fellowship of Christian ministries led by and primarily for people of color who experience homosexuality, gender identity, and sexual damage. They advocate for the choice to change. www.witnessfortheworld.org

Church of Jesus Christ of Latter-day Saints (LDS, Mormon)

- **Center for Gender Wholeness.** A psychological clinic with extensive experience in helping those with unwanted same-sex attraction. genderwholeness.com, info@genderwholeness.com, phone: (801) 272-3200.
- **Century Publishing.** Publishes books on same-sex attraction and related issues. P O Box 11307, Salt Lake City, UT 84147, info@centurypubl.com, centurypubl.com
- **Evergreen International** This nonprofit organization provided direction and support to Latter-day Saint (Mormon) men and women who want to diminish their same-sex attraction and free themselves from homosexual behavior. It was also a resource to family and friends, professional counselors, religious leaders, and all others who wish to help individuals who desire to change. Evergreen merged with North Star in January 2014. See the North Star entry below.
- **LDS Resources on Same-sex Attraction** [Handout](http://centurypubl.com/lds-leaders.html) showing books, websites, and other resources. centurypubl.com/lds-leaders.html
- **North Star** A place of community for Latter-day Saints (Mormons) dealing with issues surrounding homosexual attraction who desire to live in harmony with the teachings of Jesus Christ and the values and doctrines of The Church of Jesus Christ of Latter-day Saints. Mailing Address: 2711 Centerville Road, Suite 120, PMB 6132, Wilmington, DE 19808. phone: (800) 391-1000. northstarlds.org
- **People Can Change** A comprehensive website of invaluable information for people who want to overcome same-sex attraction. peoplecanchange.com
- **SameSexAttraction.org** An informational website that explains the issues about same-sex attraction (homosexuality) and provides alternatives for those who choose not to be gay. Based on traditional Judeo-Christian beliefs. Contains practical helps and resources. samesexattraction.org
- **STAR Program (Sexual Trauma And Recovery)** (lifestarnetwork.org) offers programs for sexual addiction and sexual codependency.

Jewish

- **Jews Offering New Alternatives to Homosexuality (JONAH)** a non-profit international organization dedicated to educating the world-wide Jewish community about the social, cultural and emotional factors which lead to same-sex attractions. JONAH works directly with those struggling with unwanted same-sex sexual attractions (SSA) and with families whose loved ones are involved in homosexuality. P.O. Box 313, Jersey City, NJ 07303, phone: 201/433-3444. www.jonahweb.org
- **SameSexAttraction.org** An informational website that explains the issues about same-sex attraction (homosexuality) and provides alternatives for those who choose not to be gay. Based on traditional Judeo-Christian beliefs. Contains practical helps and resources. www.samesexattraction.org

Presbyterian

- **One by One** The ex-gay ministry of the Presbyterian church. P.O. Box 10055, Rochester, NY 14610, phone: 716/482-1991. www.oneby1.org
- **SameSexAttraction.org** An informational website that explains the issues about same-sex attraction (homosexuality) and provides alternatives for those who choose not to be gay. Based on traditional Judeo-Christian beliefs. Contains practical helps and resources. www.samesexattraction.org

United Methodist

- **Transforming Congregations** A ministry of United Methodist Churches that affirms "the Biblical position that God loves all persons, that homosexual practice is one sin among many and that the Holy Spirit is available to transform all persons - including homosexual persons." P.O. Box 7146, Pennel, PA 19047, phone: 215/752-9655. www.transcong.org

- **SameSexAttraction.org** An informational website that explains the issues about same-sex attraction (homosexuality) and provides alternatives for those who choose not to be gay. Based on traditional Judeo-Christian beliefs. Contains practical helps and resources. www.samesexattraction.org
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About Us

This website was created by people who believe that if you experience unwanted same-sex attraction, you have options—you don't have to accept a gay identity. If you want to, you can resolve your same-sex attractions. Same-sex attraction is not an inborn and unchangeable condition like some people want you to believe.

This website presents options and practical solutions to resolve the personal problems you face. There is hope. We know there are solutions because we have experienced them in our own lives, and there are thousands of people who have found the same success we have. We have developed this website to help you experience real change in your life, if that is what you want to do. Our motivation for resolving our same-sex attractions was spiritual, and therefore, we make reference to spiritual aspects of this process of growth out of same-sex attraction. Whatever your motivation may be, it must be strong and constant, since the struggle won't be easy and will take a while.

Most of the theories, approaches, and ideas on this site relate to men. Much of this information may also be helpful to women who experience same-sex attraction and some may not. More research needs



to be done on women's issues to better determine causes and solutions.

Throughout this website, we give examples of how people have dealt with particular issues. In all cases, these examples involve real people and real events, although many of the names have been changed to protect identities.

What We Stand For

We support personal choice

Many people who experience same-sex attractions choose not to embrace a gay identity or engage in homosexual behavior. In many cases, they also choose to affirm and develop their heterosexual desires and pursue a traditional heterosexual life. We respect and affirm their choice.

We support the individual's right to know

We do not seek to force our viewpoint on anyone, to tell others what they should do, or to shut down others' voices. We encourage alternatives to living a homosexual life—alternatives that many have found to be positive, life-affirming, and congruent with their values, morals, and beliefs. We support freedom of information.

We support client self-determination

Individuals conflicted over their same-sex attractions have the right to decide whether to seek counseling or therapy, what kind of counseling to seek, to be made aware of all alternatives, and to determine the desired direction of their own therapy program. Professional organizations should enhance rather than inhibit the client's right of self-determination.

We advocate tolerance

Individuals who have transitioned out of a former gay identity and lifestyle, or who choose to pursue alternatives to homosexuality, deserve tolerance and acceptance. Their choices should not subject them to discrimination, ridicule, or marginalization, or make them the target of hate speech or accusations of homophobia. Demands for tolerance by one group can never justify intolerance or ridicule of another.

We advocate policy neutrality

All branches of government should avoid actions or decisions that would inhibit free speech about, or the practice of, freely chosen alternatives to homosexuality. Of particular concern are laws regarding hate crimes and sexual orientation that may be construed to make it illegal to promote or even speak about alternatives to homosexuality.

We claim equal access to public forums

We claim equal access to public forums to state our viewpoint, share our experience, and to raise

awareness of alternative responses to a gay identity and lifestyle. This is particularly vital in cases where public schools address the issue of sexual orientation.

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Help for Those who Experience Unwanted Same-Sex Attraction

If you don't want to be gay, you don't have to be. There is a way to overcome your same-gender (gay or lesbian) feelings and homosexual behavior. If you *want* to make changes in your life, you *can*. This site can provide help.



[What is
Same-sex](#)

[Why Do You](#)

[What Can You Do About](#)

Attraction?

Same-sex attraction is an intense interest in others of the same gender. This interest may include desires for their attention, friendship, intimacy, and/or a fascination with their bodies and other gender traits. It may also include erotic thoughts, feelings, and behaviors directed toward the same gender. The psychological community uses the term *homosexuality* to refer to the entire complex that includes attractions, feelings, desires, sexual behavior, identity, and all its associated aspects, such as problems with masculinity, self-perception, emotional dependencies, and relationship issues.

A person who experiences same-sex attraction may experience emotional and sexual feelings or

Have Same-sex Attraction?

Many factors contribute to the development of homosexual attractions. They are the result of a complex interaction of personality, biological inheritance, and developmental experiences.

- *People do not choose to have same-sex feelings. These attractions usually develop because of the factors mentioned above rather than any conscious choice.*
- *Men do not develop same-sex attraction because they are afraid of women. Women do not develop same-sex attraction because they*

Same-sex Attraction?

Determining how to respond to same-sex attractions is a personal choice that each individual must make according to his or her personal values and life situation.

Once you learn about [What is Same-sex Attraction?](#) and [What Causes Same-sex Attraction?](#), you are ready to make decisions about what to do about your same-sex attractions.

The section [What Can You Do About Same-sex Attraction](#) gives advice on how to define your personal values and consider your options. Resources are provided to help you understand the impact of these choices.

If you decide that you want to [resolve issues surrounding your same-sex attractions](#), you can learn about the following:

- [What does it mean to resolve issues related to same-sex attraction?](#)
- [How many people resolve same-sex attraction?](#)
- [How long does it take?](#)
- [How complete will the change be?](#)
- [How can church leaders help?](#)
- How can family, friends, and church leaders help?

attractions, and may or may not engage in sexual behavior.

Read a more complete description of [what is same-sex attraction](#), including a description of attractions, identity, and behavior.

- [Myths about same-sex attraction](#)
- [Gay identity](#)
- [Gay rights and gay activism](#)
- [Sexual orientation](#)

are afraid of men.

Relationships with the opposite sex usually have little to do with same-sex attraction; instead, they have more to do with relationships with the same gender.

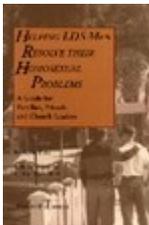
Read a more complete description of [what causes same-sex attraction](#), including information about personality, biology, and developmental experiences.

- [How many people experience same-sex attraction?](#)

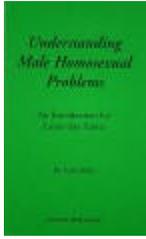
Books



[Resolving Homosexual Problems: A Guide for LDS Men](#) by Jason Park. Written to Christian men who want resolve their homosexual feelings. It provides practical solutions to resolve the personal problems they face.



[Helping LDS Men Resolve their Homosexual Problems: A Guide for Family, Friends, and Church Leaders](#) by Jason Park. This book gives family, friends, and church leaders ideas on supporting someone they love.



Understanding Male Homosexual Problems: An Introduction by Jason Park. For a quick overview, get this 48-page booklet that summarizes the information from the other two books.

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