



Ex-Gays Prove Change Is Possible:

"I lived as a lesbian and as a transgender for over 30 years: then I found a way out. I've been living a heterosexual life for over 20 years, proving change is possible." – Marjorie

"As a questioning teen, I was told that I was born gay. I later found out that no one is born gay and change is possible, so I chose to pursue change. Today as an adult I help questioning youth overcome unwanted same-sex attractions." – Charlie

Some American Psychiatric and Psychological Association members support change:

Dr. Robert L. Spitzer – "It is often said that those who try to change their sexual orientation become very depressed as a result. That was not the case for subjects of this study. There was in fact a marked decline in depression after their effort to change." (Archives of Sexual Behavior, Vol. 38, No. 5. October 2003, p 403, 200 subjects, 143 men and 57 women were personally interviewed by Dr. Spitzer.)

Dr. E. Mark Stern, Ed. Dr., APA Fellow and Professor Emeritus of the Graduate Faculty of Arts and Sciences, Iona College N.Y. – "Significantly the American Psychological Association did admit [at its August 2001 conference] that there was no body of evidence to prove that reorientation therapies are harmful." (NARTH)

Dr. Douglas Haldeman, a homosexual, at the 2000 American Psychological Association meeting, said, "There appear to be many dissatisfied homosexually-oriented individuals who seek psychological or spiritual intervention to achieve a goal they identify as a change in sexual orientation... [S]ome...particularly those who have experienced less invasive styles of conversation therapy, seem not to have been affected adversely."

The American Psychological Association has stated in 2009 that affirmative approaches [homosexual affirming therapy] have "not been evaluated for safety and efficacy." [Appropriate Therapeutic Responses to Sexual Orientation]



Parents and Friends of
Ex-Gays & Gays

Understanding
same-sex attraction,
sexual orientation,
and ex-gays



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It's Complicated

– that's the best way to describe the subject of homosexuality and the development of same-sex attractions in a person's life. Often there is no quick or easy answer, but that doesn't mean there are no answers at all. Saying that a person is simply "born gay" or that they "chose to be gay" are flawed, misleading, and unhelpful statements that often mask and cover deeper answers that can be extremely painful to uncover for both an individual and the people around them.

The reality is that same-sex attractions develop in people for different reasons through a combination of converging factors: biological, psychological, and sociological. Typically, same-sex attractions develop differently in men than they do in women, but we make no attempt to offer a one-size-fits-all explanation for every individual. What we have done is to give representation to the thousands of men and women who experienced unwanted same-sex attractions and made a decision to change their lives.

If you are willing to give credence to science over politics, and to truth (even when it is painful) over quick and easy sound bites, it may be possible to discover why erotic sexual attractions for the same gender developed in your life. No one struggling with unwanted same-sex attractions should be deprived of hope. Hearing about how other people successfully overcame those unwanted attractions and changed their lives can be liberating.



What We Know:

No one is born gay. Many ex-gays will tell you that at one point in their life they thought they were "born gay." The reality is that no scientific evidence has established a genetic cause for homosexuality or found a "gay gene." Sexual orientation is a matter of self-affirmation and public declaration. "Gay" is a self-chosen identity. According to the American Psychiatric Association, there are no replicated scientific studies to support that people can be born "gay" or that homosexuality is innate.

According to the 2013 Center for Disease Control (CDC) report: 96.6% of adults identified as straight, 1.6% identified as gay or lesbian, and 0.7% identified as bisexual. The remaining 1.1% of adults identified as "something else," stated "I don't know the answer," or refused to provide an answer.

According to the American Psychological Association, "[a]lthough 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." [2008]

To learn more about this, visit <http://www.pfox.org/resources/same-sex-attraction>

Ex-gays exist. Each year thousands of men and women with unwanted same-sex attractions make the personal decision to leave behind their former gay identity. And through gender-affirming programs, including counseling, support groups, faith based ministries, and other non-judgmental environments, they are largely successful. Their decision is one only they can make.

Ex-gays are everywhere, yet too often this community is excluded from the conversation about same-sex attraction in pop culture and the public square. Ex-gays are excluded from public forums, mocked, and even told that they either were never really gay, or that they still are, but are just suppressing it! Ex-gays are subject to an increasingly hostile environment simply because they prove that it is possible to have had same-sex attractions, yet choose not to live out a homosexual lifestyle.

To learn more, visit <http://www.pfox.org/ex-gays>



How Do People Change?

Many ex-gays will tell you that they never made a choice about their attractions – as in, one day they simply chose to no longer have erotic attractions towards the same-sex. However, they will tell you that whether in a specific moment, or over the course of time, they made a decision to positively change their lives, and that journey out of homosexuality is unique and nuanced for each individual person.

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