



## **How to Make a Homosexual**

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### Introduction

Homosexuals are made not born. That simple statement is the foundation of truth that will affect every LGBT issue in the minds of anyone who is considering the changing views of sexuality and gender. For most people of faith, biblical scripture has been settled on sexuality and gender issues for at least the last 2000 years. Yet over the last 150 years, a growing number of people have gradually come to believe that homosexuality and transgenderism are innate, genetic, inborn in some way, or created by God.

Any person interested in the nature of truth would have to admit that, to date, there are no homosexual or transgender genes. The latest studies about epigenetic and hormonal influences in the womb have not proven anything conclusive by the scientific standards of research. The only conclusion about causation, that one of the oldest and most revered psychological associations in the world has made, (the American Psychological Association), is right there on their website, [www.apa.org](http://www.apa.org). They've concluded that there *may* be evidence of genetic causation and emotional environmental causation.

In other words, THEY DON'T KNOW.

In spite of this, worldwide LGBT philosophy demands that everyone believe that LGBT persons are just "born that way." So if "born that way" ideas are not true...what is true?

I believe that the truth is found within the inspired word of God and within the hearts of every man and woman, boy and girl.

Later in the book you'll see a discussion of what Old Testament and New Testament scripture specifically says about gender and sexuality. You will also learn how scripture is twisted by some who claim LGBT philosophy. For now, let's go to the deep heart of the matter. Let's see how these issues develop even from childhood.

Get set. Some of the issues in this book are going to be hard to hear. Yes, homosexuality is made, not born.

Chapter One:

Homosexuality is not about homosexuality

If you do not understand the emotional trauma and neglect of unmet needs underneath homosexual feelings, you will never understand homosexuality. If you simply sit in moral judgment, you will never understand the often hidden painful issues within your children, spouses, or friends, which resulted in their same-sex attractions. And, without compassionate wisdom, you will never truly be able to help them.

I'm here to be truthful and to get right to the point. I'm here to tell you what the world doesn't understand and doesn't want to understand. They think homosexual feelings are all about love. They aren't. It's really about *unrequited* love and unaffirmed gender identity. If you want to insure your own future, or the future of your family, friends or church, then you must know that sex doesn't really have much to do with homosexuality. It can be seen as a result of the unfulfilled nature of what every human being needs...love and affirmation from those we love *in the way we need it*.

For many decades, the general public, therapists and even people of faith have been in denial of the root issues underneath homosexual feelings. We have failed to understand that homoerotic impulses can be seen as a symptom of deeper issues, not as a genetic certainty. Over the years the general public has merely followed the efforts of LGBT activists, becoming convinced that people are "just born that way." Also, in the main, religious people have simply quoted scripture, or given lip service to strugglers without understanding or speaking about the deeply painful inferiority and lack of need fulfillment underneath homoerotic responses of an increasing amount of children and adults. (I believe homosexuality is indeed going to increase. More about that later.)

When a male client begins therapy because of unwanted same-sex attractions, they report a depth of pain and unfulfilled needs that cathartically rise from below their homosexual feelings as they begin their emotional work. From *every single client* I hear stories of profound feelings of masculine inferiority that they have carried within themselves for years, many times for decades. I hear feelings of loneliness and anguish because they've always tended to think of themselves in terms of a host of shame-based core identifiers. For men, they sense deeply fearful messages like, "I'm not a real man," "I'm defective," "I'm disgusting," "I'm weak, weird, not masculine enough, powerless, perverted, unlovable and even unforgiveable." I am not talking about a concern that most men go through who occasionally doubt they are not man enough, typically when they are young. I am talking about chronic and pervasive emotional wounds that never seem to heal since childhood, and are

almost always repressed because the wounds are too much for a boy to handle by himself. And, by himself...*on his own*...is indeed what it feels like.

When a female client begins therapy, they also report deeply held painful disconnections and inferiority, but primarily with their female role models. They tend to feel abandoned, worthless and trapped while not being able to tell anyone about it. Keeping it all inside...and alone...is indeed what it feels like. (More on female same-sex attraction later, which many times involve sexual abuse.)

Can you imagine carrying around those messages, having had them “proven” to you year after year through a series of early relationships and events from which it feels there is no escape? Now imagine holding homosexual feelings and these inferiority messages inside because revealing them to anyone absolutely terrifies you. Imagine being told that real boys and men aren’t emotional or affectionate with each other, or worse, don’t need each other. Imagine a woman feeling powerless to reveal anything about her real feelings while being told to simply keep being a good girl. Imagine the blank spot in one’s heart in which an ache has hidden the inborn need for affirmation of maleness, or security in femaleness. Imagine the lack of unconditional approval of personhood, and close-knit affection, which are the building blocks of the authentic, whole Self. For some these issues are experienced overtly. For some it happen within profound, even unintended, neglect.

But wait a minute. Let’s talk about boys. Boys are born in boy bodies and minds. They grow up to be men no matter what, right? Wrong. If a boy does not discover how great it feels to be a boy, how it feels in his own body within *his own definition* of masculine expression, and if he doesn’t get enough of the spectrum of male love, he is likely to grow up *objectifying* masculinity instead of realizing the subjective experience of growth into manhood in his own body. In short, rob a boy of his God-given right of male need fulfillment, and he will look for it in the bodies of other men for the rest of his life.

Underneath the attractions of every homosexual man is a lost little boy...waiting, most of the time unconsciously, for Dad to pick him up, look directly in his eyes, hold him in his arms, and tell him he sees a real boy, how wonderful it is to be a man, and how that, no matter what, he will love him always...always.

But what if Dad repels the idea of male need fulfillment because he thinks it’s unmanly or weak? What if peers, who seem to possess masculine ideals, reject a sensitive boy with whom they need to prove their own maleness, and do this by bullying him and rejecting him? What if Mom somehow doesn’t understand the crucial nature of their son’s growth into manhood and needs her boy to fulfill her own needs by enmeshing with him? What if people of faith focus only on merely *doing* the right thing instead of being what the Creator designed them to be? What if society defines maleness to include feminine gender identity and even builds laws around this concept? (Sounds confusing, doesn’t it?)

Just now, some of you parents will probably be feeling a sense of guilt, anger or shock because you think this book is about blaming and condemnation. You need to know this isn't about blaming. It's about *naming* the truth, no matter what it is, so that no one has to hide anymore, so that your sons and daughters can be who they were meant to be, so that the primary players in a person's life can take a genuine look at what may have happened that just did not go well, many times without anyone realizing it. It's time for all the players to at least consider the evidence. I assure you, there is ample evidence for inferiority and unmet needs that can profoundly affect one's gender and sexual identity during early development and puberty.

Also, just now some of you who are leaders of faith will be feeling doubt and shock that anything like this could happen within a church or a good Christian home. You're going to have to think again. The church was instituted to love, understand and forgive people who have run the gamut of sinful mistakes resulting in heartache and even some stunning negative consequences. Christ came for the weak, not the strong, remember? Who among us is actually strong to the exclusion of besetting weaknesses? As hard as it may be to accept, (and believe me, it's hard), all of us are going to have to look reality in the eye and deal humbly with the fact that all parents are imperfect and will hurt their own children in some way, sometimes a little, sometimes a lot. It is also true that all children are going to make grievous errors that affect their families and others. All friends, families, groups, churches, governments, including our greatest and most esteemed heroes will have made critical sins from which consequences flow. In a sense, the problem is not that all have committed sins. The problem is that, sometimes, we cannot see and own them.

And, we haven't even talked about sexual abuse yet...we will.

Let me tell you about Stan. This 16-year old boy walked into my office two years ago with his father. He and his family were from Mississippi. They professed a strong Catholic faith, and they had a long family history of being football champions. Granddad played university football. Dad was a university first-string player. And Stan, who had the greatest talent for football, was expected to be the best champion of them all. Chuck, Stan's dad, had made the therapy appointment only a few days before since his son had just told his parents he was sure he was Gay. Chuck was clearly panicked. The anxiety about his son indicated he was profoundly worried, and he said this problem was the very thing he had tried to prevent during Stan's entire upbringing.

Since my first concern is whether a minor really wants to be in therapy or not, instead of being forced into it by his parents, I asked Stan why he really wanted to be in therapy. I asked him what he believed in terms of gender and sexuality. This talented, handsome but distressed boy looked at me through anxious eyes saying he wasn't sure, and he didn't know what to do. The heartbreak coming from this kid was palpable.

I looked straight at him and told him that he didn't have to be there, and that real therapy is not about forcing anything on anyone. I told him I wasn't about to judge him, and that if he felt he was Gay then he had the right to discover that for himself and to decide if this was innate, God-given, or if underlying issues were causing his attractions. And for what was probably the first time in his life, his anxiety began to settle down because another man was telling him he wouldn't condemn him. (One of the best ways to mishandle a fundamental issue of a child's upbringing is to completely freak out when they tell you about an important issue while moving into dramatic, angrily expressed consequences.)

I asked Stan's permission to tell me about his feelings and how long he had been dealing with sexuality issues. He began to tell me about how he felt all his life. He told me about his self-esteem since grade school, about what happened between him and his parents and about his peer relationships. And finally, he told me about his sexual attractions for other guys.

It all began to tumble out. This boy had been terrified, closed off emotionally and putting on a "good-boy" face since he was five. He was very talented at sports, but nothing it seems was ever good enough for his father. Dad would brook no nonsense if Stan made even simple errors in practice or games. If Stan looked discouraged, Chuck would rip him apart with shame to ensure he would be successful the next time. This occurred for years to toughen him up, which was designed to force him into always being at the top of his game, always insuring his manhood, always preventing any homosexual leanings.

Over the years, the shaming at home would continue with a constant barrage of emotional traps that involved putting Stan in double-binds, (cognitive/emotional traps) in which he couldn't win or get approval no matter what choices he made. If Stan did not accept the discipline, he was shamed. If he did accept the discipline, he felt bad about himself and shut down emotionally. More information was described about how impossible this father/son relationship was for at least the last 10 years. This occurred first during the period from 2 to 5 years when esteem and gender identity are first developed. This kind of relationship continued into puberty.

In later sessions I learned that Chuck's emotional reaction was so explosive upon Stan's revelation of homosexual feelings, that he tackled his son to the floor and insisted he could not be Gay. Stan was so frightened that he ran out of the house and into the night without shoes, running far away on one of the roads in town. More incidents were revealed about how at various times Dad would insist that Stan hug him and talk with him about his feelings. (See the double-bind trap?) I also soon learned that other details of dad's behavior required me to contact Child Protective Services since I had reason to suspect there was abuse occurring.

Stan's father would constantly, albeit unconsciously, put Stan in shame-based disciplinary situations "for his own good," while wanting Stan to be affectionate at the same time. Can you imagine demanding emotional and physical affection while

putting your son in a vice-like grip of shame to force him to be a secure man and football player? After years of this treatment, and much more left untold here, Stan began to actually make cuts on his body, which was an unconscious way to express his inexpressible anguish.

The key to Stan's growth into manhood was unconditional love without judgment, not being put in stifling traps from which there was no escape, by being heard about his feelings about other boys, and expressing his authentic anger he felt about Dad, mother, peers, sexuality...anything. It was this kind of authenticity that he got in therapy, (evidently, for the first time in his life), that allowed Stan to finally speak from his core emotions.

This led then to the freeing of his authentic self. Stan began to talk openly of how it felt to be attracted to other guys and for whom he felt he could be free with, get approval from, and experience affection for which he ached. Over time, Stan also discovered a chronic sense of inferiority inside of himself underneath all his homosexual feelings. Stan realized after months of therapy that he actually had to feel inferior about himself in order to feel erotically attracted to another boy. This profound revelation, which came via his own emotional confirmation of his own feelings and cognition, sent him into a healing kind of grief that led to what happens to us all when we go through a healthy grief process...*The rise of the authentic and mature self*. This experience is common to all human beings if it is led by compassion and personal truth.

Stan began to feel a release from his internal double binds. Dad was told how to relate much better to his own son. Stan began to feel this wonderful experience of his own masculine wholeness in his own body and how to stand up for himself. He learned the power of authenticity and self-confidence, not just in his thoughts but in that deep place that men many times take for granted, in their own bodies, right near the center of their chests where their hearts live. He liked how this felt, and he smiled after these revelations. Stan also learned about healthy boundaries with both his parents and that relationships could be better and more connected when boundaries were in place.

Gradually, the more Stan resolved his shame-based ideas of himself and moved into authenticity and confidence, changes began to occur. The more he simply let himself feel his feelings, (yes, even the homosexual temptations without shaming himself), the more these cathartic experiences led to the natural lessening of his homoerotic impulses. After a couple years of intense therapy, Stan rarely has homosexual feelings anymore, and he's becoming more interested in relationships with girls. He is walking his path of resolution and securing more healthy male need fulfillment. In the future, he may feel some minor degree of homosexual feelings, or he may not at all. But in terms of being authentic, who cares? He has exclaimed how good it feels to be a man, which resulted in the fulfillment of his God-given design. And, his symptoms of depression and anxiety greatly reduced as well.

Here's the news most of the world says is impossible...When a man feels good about his own manhood at his deep core of identity in his own body, it is almost impossible to eroticize the male body. It's the difference between objectifying maleness and feeling male identity as a subjectively fulfilling experience.

So, do you want to insure a boy becomes a homosexual? Shame him for everything, and do it for years. Don't be affectionately close-knit with him for much of his life. And even worse, remain unaware you are doing this since. Mothers, make sure you enmesh with your son emotionally for years, and it will affect his sexuality. For girls, insure the same deficits of needs.

Are you beginning to see what love must look like between a parent and child and what happens with out it? If you don't, wait till you hear the next chapter.

