



Same-Sex Attraction and
A Road Less Traveled



Session 4: April 24, 2022

Get Sexually Sober, Live Lust-Free

Rich Wyler

- Founder and Director of Brothers on a Road Less Traveled (“Brothers Road”)
- Certified Life Coach since 2005
- Creator/co-creator of experiential workshops (“Journey Into Manhood,” “A Woman Who Loves,” etc.)
- Married, father of an adult daughter and son
- Began his own inner work (“reparative therapy,” SA, etc.) in 1997



Mark

- Senior psychodrama and inner-healing (“guts”) facilitator for weekend intensives with Brothers Road and EdgeVenture
- Advisory council board member, Brothers on a Road Less Traveled
- Family physician
- Married, father of four
- Began his own inner work in 2003



BROTHERS ROAD

BROTHERS ON A ROAD LESS TRAVELED

Who We Are

Men supporting each other in aligning our sexual thoughts, feelings, and behaviors with our values, faith, beliefs, and life goals.



Review of first three sessions

1. Our “road less traveled” — and what that means

2. “... *courage to change the things we can ...*”

3. Love and accept yourself, just as you are

- Make peace with your SSA
- Practice **radical self-acceptance**

3. Find support, community, and friendship

- SSA can only be addressed in relationship
- Develop multiple, various types of friendships and mentorships
- Keep your wife first!

4. A life-changing opportunity for faith communities: Be radically loving:

5. Keep your “man tank” full

6. Requires a willingness to risk



This work is about...

Radical
self-acceptance

Courageous willingness
to change and grow



Our real goal is peace



No matter how much progress we may make in other areas, we will never be able to find real peace if we continue to lust and “act out” sexually.

Live lust-free

Same-sex attraction \neq Same-sex lust

Live lust-free

Same-sex attraction \neq Sex addiction

Is it an “addiction”?

Sexual Addiction Screening Test (SAST)

Tests About Us Get Help

The Sexual Addiction Screening Test (SAST) is designed to assist in the assessment of sexually compulsive or “addictive” behavior. Developed in cooperation with hospitals, treatment programs, private therapists and community groups, the SAST provides a profile of responses that help to discriminate between addictive and non-addictive behavior.

To complete the test, answer each question by placing a check next to the appropriate yes/no column.

	Yes	No
1. Were you sexually abused as a child or adolescent?	<input type="radio"/>	<input checked="" type="radio"/>
2. Did your parents have trouble with sexual behavior?	<input type="radio"/>	<input checked="" type="radio"/>
3. Do you often find yourself preoccupied with sexual thoughts?	<input checked="" type="radio"/>	<input type="radio"/>
4. Do you feel that your sexual behavior is not normal?	<input checked="" type="radio"/>	<input type="radio"/>
5. Do you ever feel bad about your sexual behavior?	<input type="radio"/>	<input type="radio"/>
6. Has your sexual behavior ever created problems for you and your family?	<input type="radio"/>	<input type="radio"/>
7. Have you ever sought help for sexual behavior you did not like?	<input type="radio"/>	<input type="radio"/>
8. Has anyone been hurt emotionally because of your sexual behavior?	<input type="radio"/>	<input type="radio"/>
9. Are any of your sexual activities against the law?	<input type="radio"/>	<input type="radio"/>
10. Have you made efforts to quit a type of sexual activity and failed?	<input type="radio"/>	<input type="radio"/>
11. Do you hide some of your sexual behaviors from others?	<input type="radio"/>	<input type="radio"/>

<https://psychology-tools.com/test/sast>

© 2008, P. J. Carnes, Sexual Addiction Screening Test - Revised.

Sexual Addiction Screening Test (SAST)

Tests About Us Get Help

Your score was **23** out of a possible 45.
Scores of 7 or above may indicate a problem with sexual addiction.

Concerned about your score?
Chat online with a [licensed therapist](#).

Why turn to same-sex lust?

1. **Meaningful connection with other men.**
 - Loneliness, male affirmation, male bonding
2. **Attempting to heal old wounds**
 - Feeling wanted, seen, valued, belonging
3. **Comfort, self-soothing**
4. **Distraction** from problems, uncomfortable emotions
5. **Numbing out** to avoid feelings
6. **Excitement, adventure, adrenaline**



What are you *really* “addicted” to?

- Fantasy?
- Avoidance?
- Replaying unresolved issues?



What will you do instead?

Healing, replacing, and surrendering same-sex lust takes ...

- Sincere and lasting motivation (“*heart* power, not willpower”)
- Daily, even hourly focus on prevention and connection
- Support team, authentic brotherhood
- Rigorous vulnerability and honesty
- Radical humility and self-acceptance
- Meaningful relationship with God. Divine intervention.
- Patience. Progress, not perfection

What will you do instead?

Healing, replacing, and surrendering same-sex lust takes ...



Love

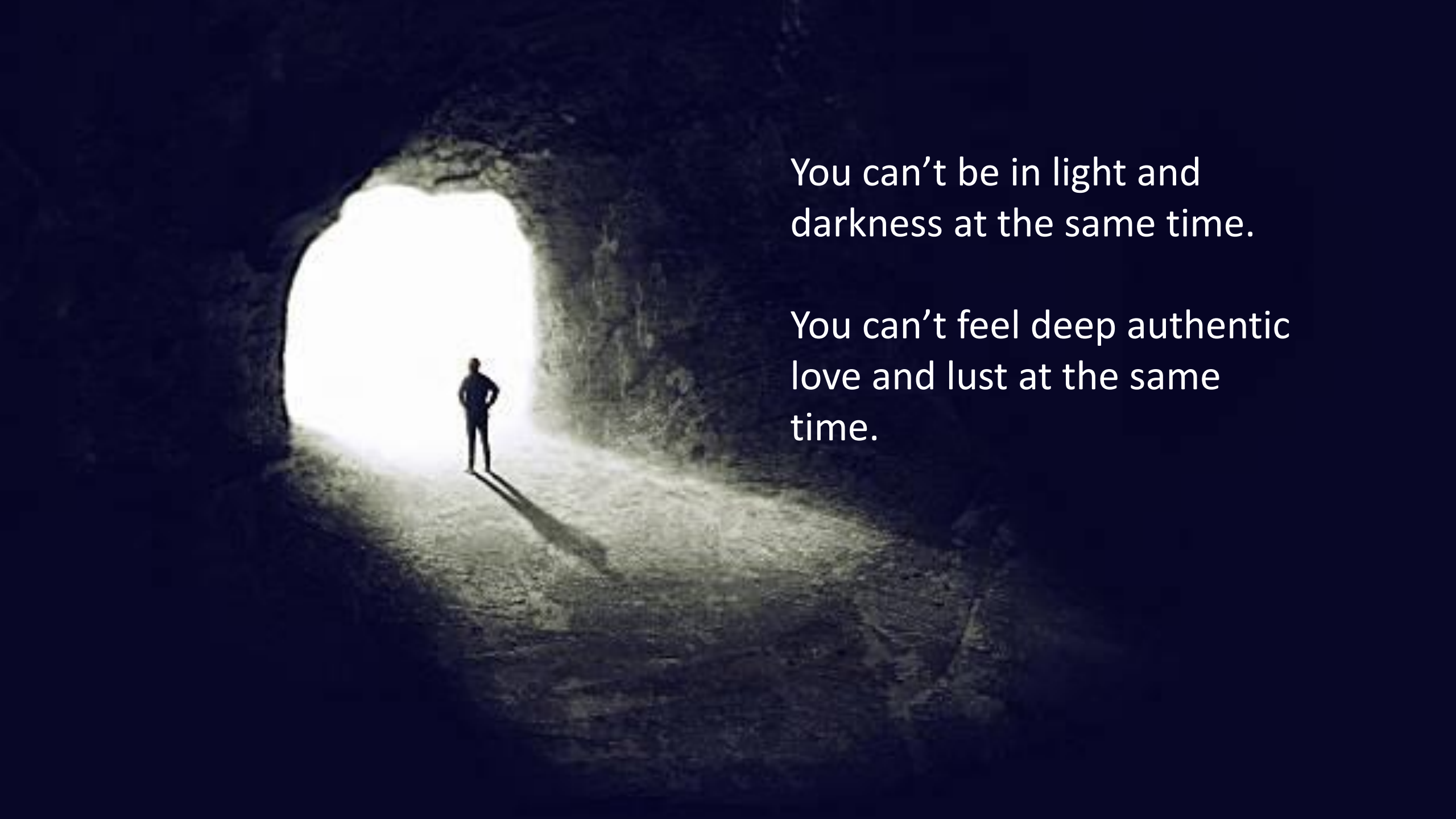
- From others (especially men)
- From God
- Of self

What will you do instead?

What if you focused more on **giving** love than seeking it?



Love



You can't be in light and
darkness at the same time.

You can't feel deep authentic
love and lust at the same
time.

He needs you



- To love him
- To include him
- To accept him



- To walk with him
- To accept that he is going to fall sometimes
- To expect him to get back up every time
- To be patient with him
- To challenge him

Recovery can't happen in isolation



If you're married, she needs you



- To love her and show it
- To hear her pain
- To give her space and time to feel her feelings and experience her own healing journey
- To help her get her own support
- To accept her emotional roller coaster
- To work to rebuild trust over time
- To be patient
- To be honest

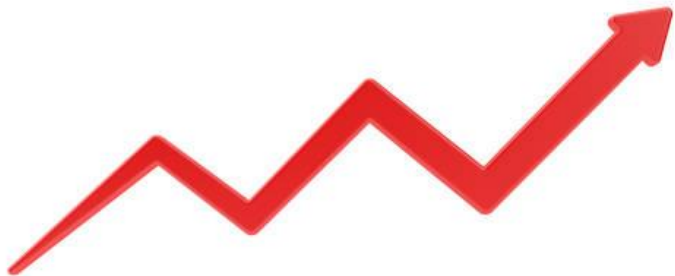
Know that it is a journey

be kind
to yourself.

Know that it is a journey

Progress

not perfection



Know that it is a journey



Heart power,

not willpower.

Heart power, not willpower

“We must work to **rehabilitate** the **desires of our hearts** rather than just repressing or trying to rid ourselves of them.”



— From “Willpower is Not Enough: Why we don’t succeed at change,”
by Dean Byrd and Mark Chamberlain.

Heart power, not willpower

“We all have numerous desires in our life. The key is not so much to squelch the bad ones as to **nourish the good.**”



— From “Willpower is Not Enough: Why we don’t succeed at change,”
by Dean Byrd and Mark Chamberlain.

Heart power, not willpower



“We lack self-control because our hearts and minds can’t agree on what we’re trying to do.”

Heart power, not willpower



“One way to bring them into agreement is to **find another, higher motivation**, something that will engage your heart so thoroughly, it will supersede the bad habit you’re trying to control.”

— From “Willpower is Not Enough: Why we don’t succeed at change,”
by Dean Byrd and Mark Chamberlain.

(www.brothersroad.org/sexual-integrity).



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About SSA ▾

Our Journey ▾

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Our Journey

We are on a journey of self-discovery to explore and address underlying issues and embrace our authentic masculinity. The core of this journey we call "M.A.N.S. Work."



Get Sexually Sober

Bring your thoughts and behaviors in line with your spirituality, faith, values, beliefs, commitments, and self-respect.

Desire sobriety more

Connect deeply

Redirect & replace

Discover the why

Heal the wounds,
Meet the real needs

Surrender the rest



Jonathan's Story





Steve's Story



**Ultimately,
whatever you
want most,
wins.**



BROTHERS ON A ROAD LESS TRAVELED

Heart power, not willpower

*“God, **please make me willing** to give away my unhealthy desire for _____.*

“I want to be willing, but honestly, I just don’t want it enough yet. My mind does, but my heart doesn’t—and I know I can’t depend on willpower alone!



“Please meet me where I am right now, in my state of mere sort-of willingness, and take me closer to where you want me to be.

*“Lord, please give me a true desire to be free from _____. **Help me to want it more than anything else—and to want what YOU want.** Increase in me my desire for freedom!*

“Father, you have given me everything I have. The only thing I can possibly give you in return is my own free will.

“Please make me sincerely want to do your will more than anything else.”

Heart power, not willpower

HeartPower Motivation Statement

“I’m quitting _____ (name the specific distressing habits that you are working to quit) **because what I want more is _____.”**

Make sure your statement:

- Is real.
- Is sincere.
- Is specific.
- Can really motivate you to want to change

Heart power, not willpower

Examples of HeartPower Motivation Statements

“I’m quitting porn and erotic web chat because **what I want more is to get my thought life and free time back** instead of my every free thought turning to sexual images or scheming when I can act out next.”

Heart power, not willpower

Examples of HeartPower Motivation Statements

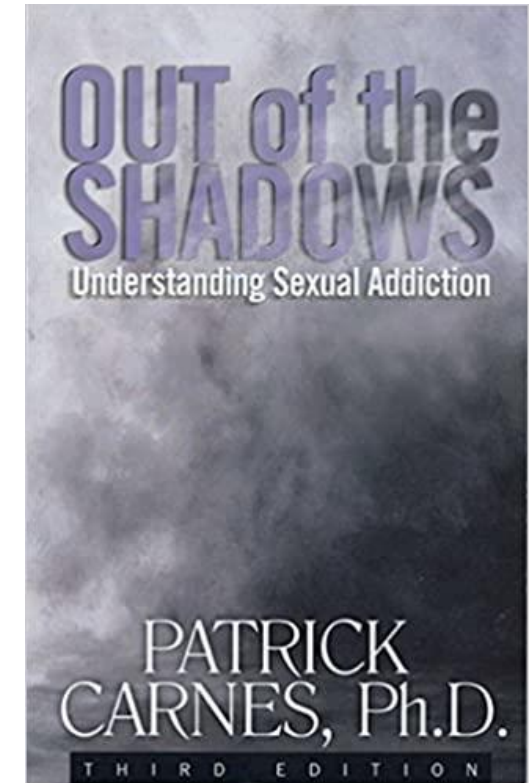
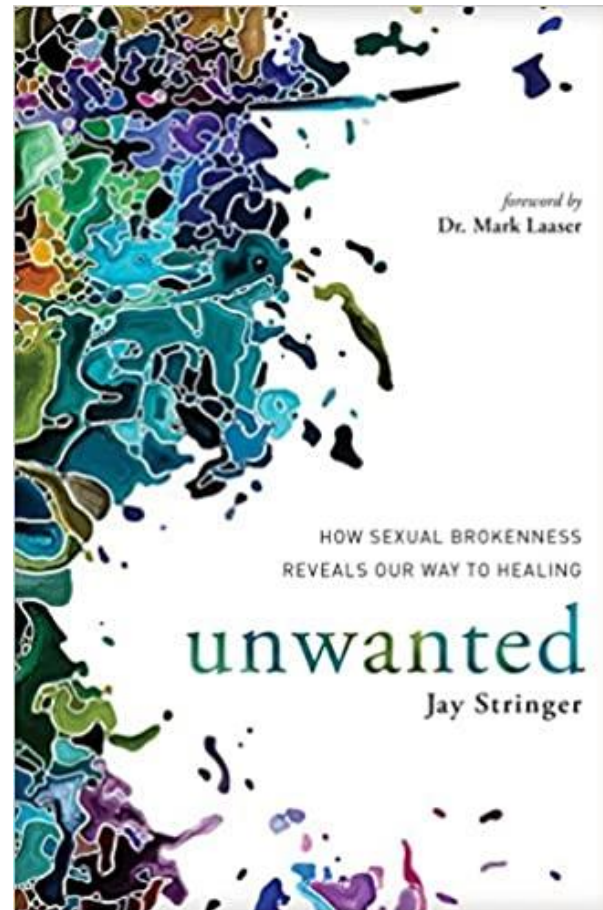
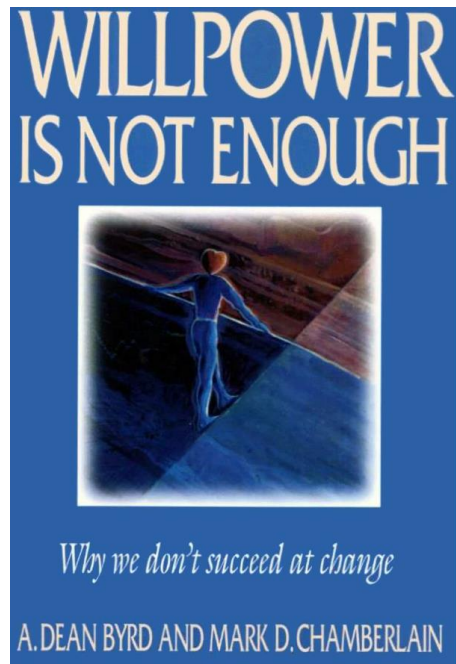
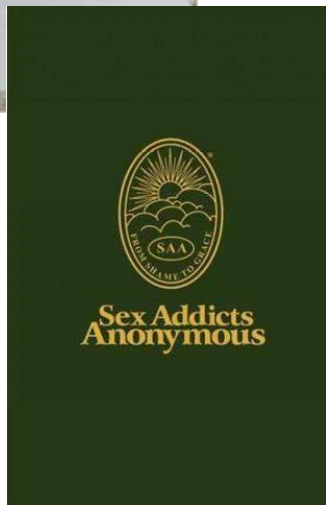
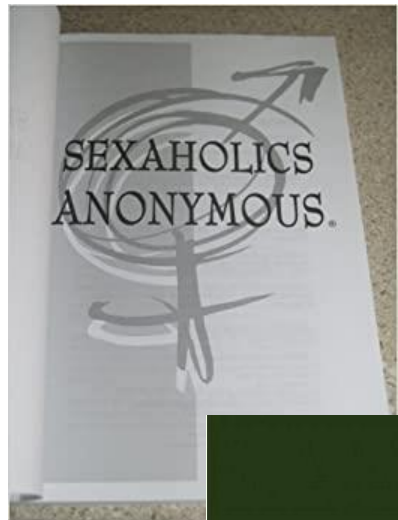
“I’m quitting masturbation and same-sex sexual fantasies because **what I want more is to feel and know that I am masculine enough within myself** without having to get an ‘infusion’ of masculinity from images of someone else.”

Heart power, not willpower

Examples of HeartPower Motivation Statements

“I’m quitting same-sex sexual fantasies and hook-ups because **what I want more is to focus all that time and energy on building real connections and experiencing real love.**”

Powerful resources



Powerful resources

HEARTPOWER Online Coaching Group

REGISTER NOW



“HeartPower” is our weekly online (Zoom) coaching group of men supporting each other in living lust-free lives, especially by applying the Brothers Road “HeartPower” principles.

Probably more than half of the men in our Brothers Road community struggle (or have struggled) with out-of-control sexual thoughts, feelings

After you register, we will call you to follow up and then send you a payment link.

SATURDAY Group

- 10 to 11:20 a.m. U.S. Eastern time
- (That's 3 to 4:20 pm UK time, or ...
- 4 to 5:20 pm Central Europe time)

Cost:

All sessions are paid in advance.

We offer 3 payment plans:

- US\$75 per month (4 weekly, 80- to 90-minute sessions)
- US\$140 (or US\$70 per month) when you pay for two months at a time (8 sessions)
- US\$195 (or US\$65 per month) when you pay for three months at a time (12 sessions)

Payments are for consecutive sessions. There is no refund

Reframing a Same-Sex Attraction Using the MANS Principles



WHAT IS REALLY GOING ON? (Authenticity)

- ❑ What are you really attracted to?
- ❑ When are you more attracted to him?
- ❑ What are your stories about him?
- ❑ What are your stories about you (compared to him)?

WHAT ARE YOUR REAL NEEDS? (Need Fulfillment)

- ❑ What does your attraction to this specific man in this specific moment reveal to you about what your real, underlying (unmet) needs might be?
 - ❑ Confidence? Friendship? Connection? Self-care?

WHAT DO YOU NEED TO SURRENDER? (Surrender)

- ❑ What does your attraction to this specific man in this specific moment reveal to you about what you might need to surrender?
 - ❑ Harmful self-judgments? Harmful comparisons to other men (putting them on pedestals)? Distressing beliefs?

STEP INTO YOUR GOLDEN SELF (**Masculinity**)

- ❑ Recall a time when you felt the strongest, most confident, most loved and loving. “Remember” it in your body, not just your mind. Feel it now.
- ❑ Imagine yourself in his presence again—but this time when you are in your Golden Masculine State. Notice what changes

Let SSA be your teacher, not your enemy.

Notice what it can reveal to you about you -- especially about your unmet needs, unhealed wounds, and harmful beliefs

Powerful resources



Hack Your Sexual Fantasies: How to Strip Porn of its Seductive Power

May 19, 2021 | Guest speaker: Drew Boa

On this webinar discussion, we'll talk to Husband Material founder Drew Boa on the secrets of "hacking" your sexual fantasies — stripping them of their seductive power by discovering their underlying good intentions and even "holy longings."

He walked us through a process of:

- Facing your fantasies
- Tracing your triggers
- Discovering your true desires.

Drew is the author of [Redeemed Sexuality: 12 Sessions for Healing and Transformation in Community](#). With Licensed Mental Health Counselor Jay Stringer, author of [Unwanted: How Sexual Brokenness Reveals Our Way to Healing](#), Drew helped develop the [Unwanted digital workbook](#).

In 2018, Drew founded a support and training/coaching community he called Husband Material to help men outgrow porn. He explains that he named his organization Husband Materials because "whether you ever get married, you still need to be the kind of man who can be trusted."

<https://brothersroad.org/webinar/>

[VIEW WEBINAR RECORDING](#)

[DREW'S POWERPOINT](#)

Powerful resources



Out of Sex Addiction: Meeting God in Authentic Brotherhood

Recorded June 27, 2020 | Guest speaker: [Nate Larkin](#)

Nate Larkin, founder of the [Samson Society](#) and author of [Samson and the Pirate Monks: Calling Men to Authentic Brotherhood](#), a preacher's kid, planned his whole life for ministry. His plans didn't work out so well. After more than two decades of secret and steadily intensifying compulsive sexual behavior, Nate's nightmare finally ended in a painful collision with reality.

In this vulnerable webinar, Nate shares his story and how his eventual rescue from sex addiction came not from praying for God to intervene in isolation but by encountering God through authentic and trusting relationships with accountability partners, friends and brothers.

Did you miss the webinar? Click below to submit your \$20 webinar fee; you'll then receive an **email receipt** containing your CONFIDENTIAL link to watch the video recording.

[VIEW WEBINAR RECORDING](#)

<https://brothersroad.org/webinar/>

Powerful resources



“My Husband Is Attracted to Men — Now What?”

Recorded Sunday, August 30, 2020 | Guest speakers: Terry & Darryl and Tera & Curtis

A conversation with two couples whose marriages were severely tested when the husband revealed that he was attracted to men. In this unique webinar, they will share their struggles and successes and how they came to rebuild their marriages on a foundation of rigorous authenticity, forgiveness, rebuilt trust and renewed love.

Did you miss the webinar? Click below to submit your \$20 webinar fee; you'll then receive an **email receipt** containing your CONFIDENTIAL link to watch the video recording.

[VIEW WEBINAR RECORDING](#)

<https://brothersroad.org/webinar/>

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Journey
INTO
MANHOOD
A Peer-Led Weekend of Self-Discovery
Events in Israel, Mexico, Poland, USA

PENN.: APRIL 29 TO MAY 1, 2022

INDIANA: SEPT. 2 TO 4, 2022

TEXAS: OCT. 14 TO 16, 2022

Journey Into Manhood

Our peer-led, experiential weekend of self-discovery, brotherhood, personal-growth and inner-healing work.

<https://brothersroad.org/jim/>

Powerful resources

THE **JOURNEY** COURSE

ENROLL NOW

SIGN IN



A 5-MONTH PATH TO
**FREEDOM FROM
SEXUAL BROKENNESS**
FOR MEN AND WOMEN

<https://brothersroad.org/webinar/>

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Husband Material

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[JOIN THE COMMUNITY](#)

We Help Men Outgrow Porn.



[JOIN THE COMMUNITY](#)

<https://www.husbandmaterial.com/>

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The Samson Society is a fellowship of Christian men who are serious about **authenticity, community, humility & recovery.** Serious, not grave.

[READ MORE](#)

[FIND A MEETING](#)

Watch
INTRO VIDEO



<https://samsonsociety.com/>

Powerful resources



FOR NEWCOMERS

MEETINGS & EVENTS

RESOURCES

STORE

DONATE

Search...



Who Are We?

A fellowship with a solution to the problems of lust, sex, and pornography addiction!

Who Are We?

[click here to see slide above]

A fellowship with a solution to the problems of lust, sex, and pornography addiction!

Test Yourself

[click here to see slide above]

Do any of these questions describe your experience?

Our Problem & Solution

[click here to see slide above]

Read more about our problem and the SA solution.

SA's COVID-19 Statement

Click to see the COVID-19 slide, above

<https://www.sa.org/>

Powerful resources



SAA

A fellowship of men and women who share their experience, strength and hope with each other so they may overcome their sexual addiction and help others recover from sexual addiction or dependency.

 STORE

 CONTRIBUTE

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AM I A SEX
ADDICT



FIND A
MEETING



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Updated 2022-01-19

ANYONE DESIRING TO
CHANGE IS WELCOME

I am loved
for who I am

<https://saa-recovery.org/>



Powerful resources



<https://brothersroad.org/sexual-integrity/>

<https://brothersroad.org/tools-resources/>

Break Unwanted Sexual Habits Through HeartPower, Not Willpower:

9 Invitations to Help You Change Your Thoughts, Feelings, and Behaviors

Powerful resources

Overview:

9 Invitations to Help You Change Your Thoughts, Feelings, and Behaviors

- 1: **Learn** about the HeartPower principle and pray the **HeartPower prayer**
- 2: **Write** your own HeartPower **motivation statement**
- 3: **Enlist** personal **support partners** and start **checking in** with them regularly
4. **Create** **barriers** to access
- 5: **Plan** your **replacement behaviors**
- 6: **Develop** proactive, daily **sobriety practices**
- 7: **Explore** underlying **causes** or issues
- 8: **Create** **healing experiences** and relationships
- 9: **Continue** **surrendering** to God and asking him to change the **desires** of your heart.

Enlist Support

Identify and enlist a trusted friend (or better yet, several friends) to walk with you and encourage you on this challenging journey.

These should be men with whom you can safely be 100% honest and transparent.

These might be:

- brothers in the Brothers Road community,
- members of your Journey Together or HeartPower group,
- men from another online support group,
- men from your Twelve Step group,
- friends from church or elsewhere
- anyone else you trust and who shares your values



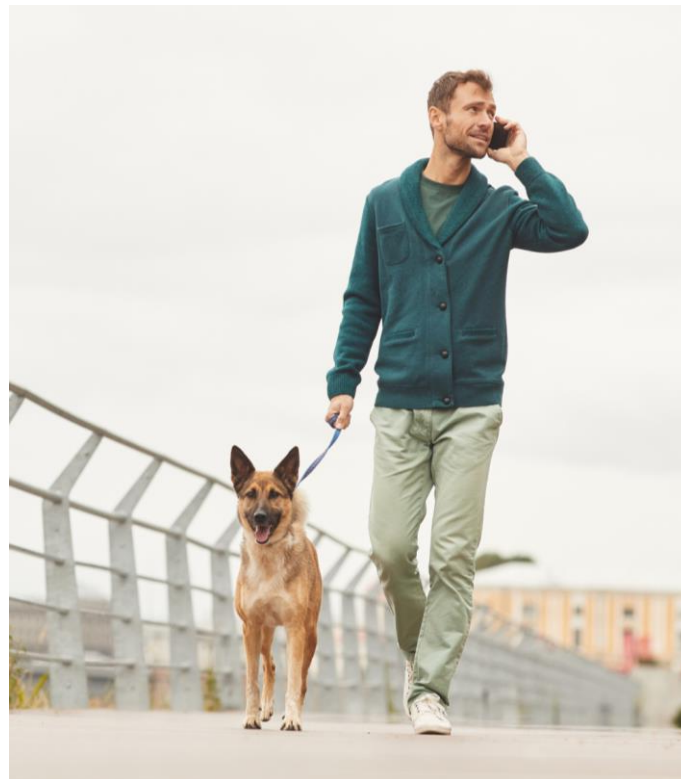
Enlist Support

Make Regular Calls to Your Support Partners

Check in daily, if possible
(or at least three times a week)

Check in with multiple support
partners through the week.

(Don't over-rely on just one.)



Enlist Support

“Emergency” or Intervention Calls



**Know why you're calling.
Ask for what you need**

1. Motivation? Encouragement?
2. Accountability?
3. Help calming down, regulating your emotions, someone to be with you through this?
4. Connection? To be seen, know you're not alone?
5. Affirmation, brotherly love?



And consider praying together the HeartPower Prayer or Surrender Prayer (in your own words)

Create healing experiences and relationships

“One of the best methods to remove something from our lives is to **displace it with something else.**”



— From “Willpower is Not Enough: Why we don’t succeed at change,”
by Dean Byrd and Mark Chamberlain.

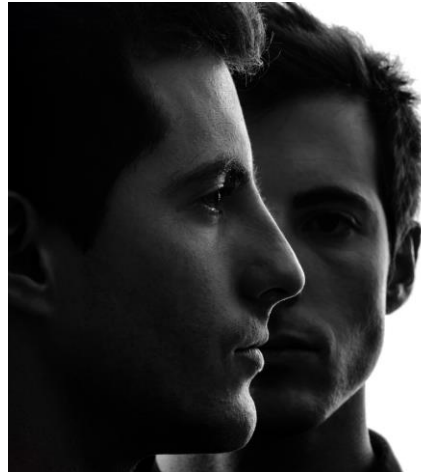
Create healing experiences and relationships

... where you can
heal underlying
wounds and meet
unmet core needs,



Create healing experiences and relationships

... where you can address
problematic character traits,
thought patterns, or habits at
the root of your lust,



Create healing experiences and relationships

...where you can connect deeply with other men and experience a sense of true belonging and community,



Create healing experiences and relationships

... where you can feel
included and wanted,
...and be transparent
and authentic,



Create healing experiences and relationships

... where you can experience
self-compassion and
freedom from shame,



Click to hear an amazing song about God's constant, unchangeable love for you.



Create healing experiences and relationships

...where you can
connect with your own
body in healthy, non-
sexual ways,



Create healing experiences and relationships

... and if you're married,
connect deeply with
your wife,



Create healing experiences and relationships

... and where you can
connect deeply
with God.



What's your plan?



First thing every morning, ask yourself,
**“Am I absolutely committed to staying
sexually ‘sober’ today—all day?”**

“And if so, what’s my plan?”

Heart power, not willpower

Continue surrendering to God

and asking Him

to change the desires of your heart

**Ultimately,
whatever you
want most,
wins.**



BROTHERS ON A ROAD LESS TRAVELED



BROTHERS ROAD

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Who We Are

Men supporting each other in aligning our sexual thoughts, feelings, and behaviors with our values, faith, beliefs, and life goals.

