



Same-Sex Attraction and
A Road Less Traveled



Session 5: May 1, 2022
Live the M.A.N.S. Principles:
Masculinity and Authenticity



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.



This work is about...

Radical
self-acceptance

Courageous willingness
to change and grow



Snapshot of previous 4 sessions

1. **Our road less traveled:** *"... courage to change the things we can ..."*

2. **Love and accept yourself, just as you are**

- Make peace with your SSA

3. **Find support, community, and friendship**

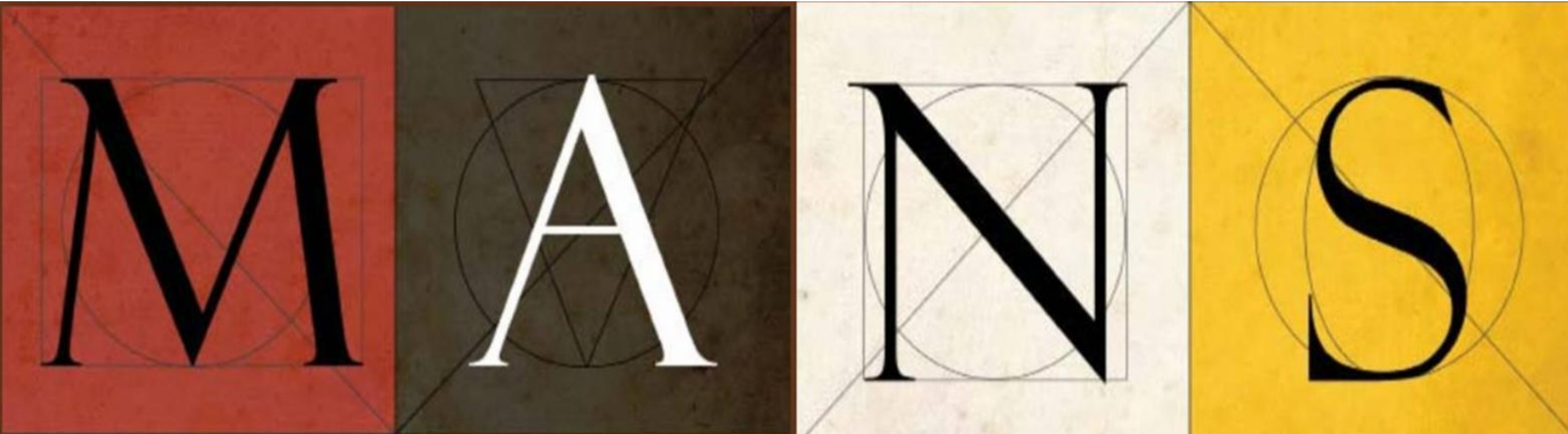
- Requires a willingness to risk and be vulnerable

4. **Get sexually sober, live lust-free**

- Same-attraction is not sex addiction.
- The real goal is peace.
- No amount of progress in other areas will bring lasting peace if we continue to lust and "act out" sexually



The M.A.N.S. Principles



A path to becoming a new man

Masculinity

Authenticity

**Needs
Fullfillment**

Surrender

**Love and Accept
Yourself**

**Get Support, Build
Community**

**Get Sexually "Sober,"
Live Lust-Free**



Masculinity

Common similarities in our backgrounds

- **Detached** from a genuine sense of masculinity. Just not “man enough.”
- **Alienated** from our male peers, fathers, or males generally.
 - Struggled to feel accepted, wanted, or like “one of the guys.”
- **Conflicted** and sometimes emasculating relationships with girls or women.
 - Could feel controlled or smothered.
 - Could get overly attached to or enmeshed with them or with femininity.



Masculinity

Our Solution

1. Connect to our **internal sense of masculinity** — a core, intrinsic awareness that we are in fact “man enough.”
2. **Bond as brothers with other men** in deeper, healthier, more meaningful ways — and come to know as never before that we truly belong in the world of men.
3. Develop **healthier relationships with women** as “other” while remaining firmly grounded in our “golden” masculinity.



Garrett's Story



Andre's Story





Connect to Our Own Masculinity

(Feeling “man enough”)



Consciously work to **embrace** and **develop** our internal sense of masculinity

Challenge our unhealthy **thinking** and harmful **beliefs** about ourselves and our masculinity.

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



Connect to Our Own Masculinity

(Feeling “man enough”)

Challenge ourselves by participating in things that feel **“masculinizing”**

... and that include us in the **company of other men**

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





Connect to Our Own Masculinity

(Feeling “man enough”)

Consciously surrender false
“gender imperatives” —
an idealized view of a “real man.”

Comparing ourselves to idealized
maleness makes it impossible to
ever measure up.

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





Connect to Our Own Masculinity

(Feeling “man enough”)

Focus on our many similarities instead.

You both already belong to the same “man club.”

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





Bond as Brothers

(Feeling like “one of the guys”)



Do the inner-healing work to remove blocks to trusting and relating to other men.



Bond as Brothers

(Feeling like “one of the guys”)

Learn to relate to men as **peers**.

Find at least a few **common interests**, activities, or shared goals





Bond as Brothers

(Feeling like “one of the guys”)



Find and build meaningful
communities of men



Bond as Brothers

(Feeling like “one of the guys”)



Build strong, trusting personal bonds with **individual** men

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



Bond as Brothers

(Feeling like “one of the guys”)



Develop **multiple** friendships,
not just on BFF

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



Bond as Brothers

(Feeling like “one of the guys”)



Establish meaningful **mentoring** relationships

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Healthier relationships with women

The goal is for a man to be able to stay grounded in his masculinity in the presence of a woman without

- Feeling threatened
- Reverting to boyish energy
- Becoming a dependent, over-pleaser
- Reverting to any other old, unhealthy ways of being with women.





Healthier relationships with women



Challenge unhealthy **thinking** and harmful **beliefs** about women.

Do **inner-healing work** around any opposite-sex wounding.

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Healthier relationships with women



Sometimes it may be necessary to create healthy, conscious separation for a time from any unhealthy feminine influences.





Healthier relationships with women

Learn to respect women as **different but equal**, neither better nor worse.

Recognize they have their own strengths, weaknesses, pain, and gifts. And their own healing work.

Work through and surrender resentments and blame.

Replace them with acceptance and forgiveness.



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Healthier relationships with women

Married men open themselves to
romancing their wives again ...

... and more fully engaging in the
marriage from a more grounded, loving,
masculine place.



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



Develop healthier relationships with women

Single men **accept** themselves as whole and **complete** men as they are.

They surrender the **lies** that only married men are “real men” or that marriage must be their goal.



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



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Webinars



Wounded by the Feminine: A Healing Webinar for Men

Recorded Friday, November 20, 2020 | Guest speaker: [Britta Eskey](#)

A conversation with [Britta Eskey](#), expert facilitator of deep inner-healing work, co-creator of the [Noble Man experiential retreat](#) and the online “[Men’s Immersion Weekend](#),” and co-founder of [COR](#).

A great many men have a rather complex relationship with women and feminine energy generally. Men may be both drawn to women and defended against them, fearful of past bad experiences repeating themselves. Other men may be enmeshed with women, even taking personal responsibility for the woman’s emotions and needs. Many have been deeply wounded by the “[Shadow Feminine](#)” and have gotten stuck in their wounds, unable to heal and move on.

Britta has spent over 30 years supporting men in working through wounds like these to heal, let go, and learn to stand in their masculine essence in the presence of women.

This webinar includes two visualizations. The first, envisioning being in the presence of the Golden

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



Authenticity

Common similarities in our backgrounds



- Conditioned to **hide** our real selves behind a mask.
 - Taught that emotions are bad. (Boys don't cry. Anger is bad. Stop being afraid.)
 - Lied that everything was fine.
- Naturally more **sensitive**, more easily hurt.
 - Sensed rejection where perhaps none was intended.
- May have coped by escaping into **fantasy**.



Authenticity

Our Solution



1. Risk **getting real** (*"You gotta be real to heal"*).
2. Become willing to **feel your feelings** (*"You gotta feel it to heal it"*).
3. Become willing to **heal old wounds**.



Garrett's Story





Andre's Story





Authenticity: Get Real

We face the reality that we can never be at peace hiding who we are, what we feel, and what we struggle with.

We finally admit we can't do this alone.

We take a leap of faith and reach out and ask for help.





Authenticity: Get Real

We get real with ourselves.

- We are not hopelessly broken.
- We are a beloved son of God.
- We are a work in progress. Just like everyone else.
- We have strengths as well as weaknesses.





Authenticity: Get Real

Radical
self-compassion

Brutal honesty
with ourselves





Authenticity: Get Real

We find (or build) trusted communities where we can be fully seen and fully authentic.

We may find it in:

- Family
- Faith groups
- Personal-growth communities.
- Informal networks of peer support.





Authenticity: Feel Our Feelings



Rigorous authenticity means no longer running from our feelings or hiding our real selves from others.



Authenticity: Feel Our Feelings

And instead become willing to feel our feelings
and learn what they have to reveal about our inner- healing work.





Authenticity: Feel Our Feelings



Empowers us



Tries to protect us



Authenticity: Feel Our Feelings



Releases pain
and helps us let go





Authenticity: Feel Our Feelings

ANGER

FEAR

JOY

SADNESS

Anchors us and turns us toward God
and service to others



Authenticity: Feel Our Feelings

We become willing to step out of the darkness of shame.

Our shame shrinks as we

- Share with a few trusted people and find love and acceptance instead of rejection.
- Find and engage with others who go through similar things.



Authenticity: Heal Old Wounds

Time alone
doesn't heal us.

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





Authenticity: Heal Old Wounds

We heal old wounds by:

- Feeling our feelings.
- Honoring our feelings.
- Expressing and releasing our feelings.
- Creating “corrective” experiences.
- Releasing, forgiving, surrendering.
- Moving forward.



All of this can be supercharged with the support of “empathetic witnesses.”



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