



Same-Sex Attraction and
A Road Less Traveled



Session 6: May 8, 2022

Live the M.A.N.S. Principles:
Needs Fulfillment and Surrender



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

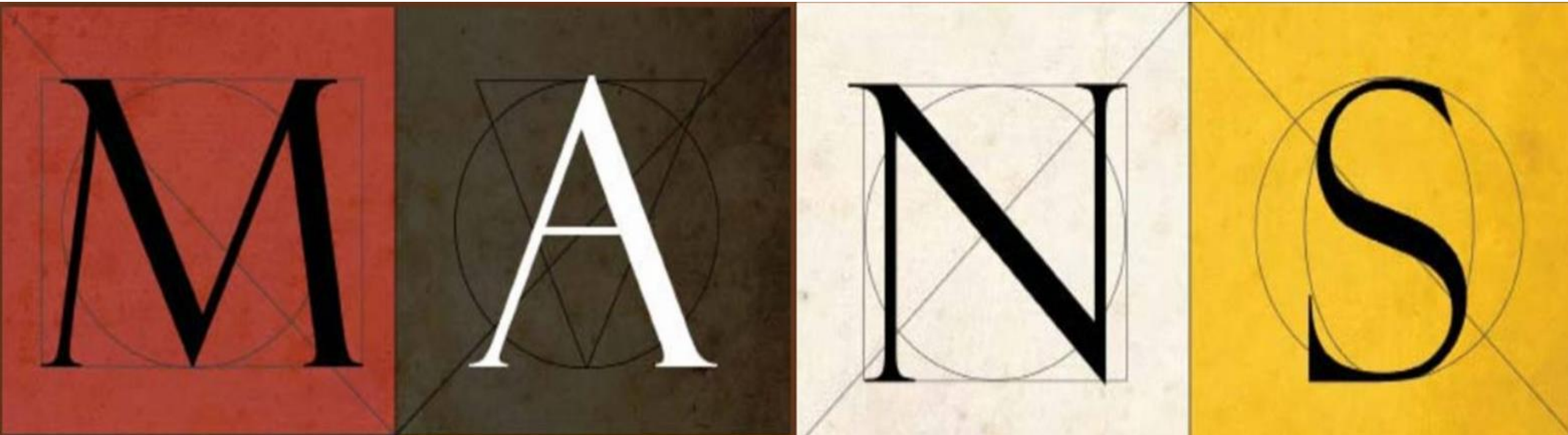


Snapshot of previous 5 sessions

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**
4. **Get sexually sober, live lust-free**
5. **MANS: Live the Masculinity Principle**
 - Within, with other men, and in relationship to women
6. **MANS: Live the Authenticity Principle**
 - Get real, feel your feelings, heal old wounds



The M.A.N.S. Principles



A path to becoming a new man

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

Masculinity

Authenticity

**Needs
Fullfillment**

Surrender

**Love and Accept
Yourself**

**Get Support, Build
Community**

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

Needs

Fullfillment



Needs Fulfillment

Common similarities in our backgrounds

- History of **suppressing** our true feelings and **denying or ignoring** our authentic underlying needs.
- **Unaware** that we even had needs.
- Pattern of **taking care of others' feelings and needs** while ignoring or trying to will away our own.



Needs Fulfillment

Our Solution

1. Uncover our authentic, underlying **core needs** and
2. **Meet them** in healthy ways



Needs Fulfillment

Core needs are non-negotiable.

You decide **how** they will be met—in healthy or unhealthy ways.

But they will **demand** to be met, one way or another.





A man needs to like, accept, and respect himself

- Self-worth
- Self-compassion
- Self-acceptance
- Self-confidence
- Self-respect

He needs to genuinely like who he is and who he is becoming.



A man needs to like, accept, and respect himself

- **Inner healing** from past hurts that otherwise may be blocking him from liking and accepting who he is.
- **Courage** to be truthful and authentic about who he really is.



A man needs to like, accept, and respect himself



Without self-like and self-acceptance, there can be no real healing or growth.



Needs Fulfillment



Good & Valuable **Just As I Am**

February 18 to 20, 2022

How would your life change if you really loved and accepted yourself
just as you are?

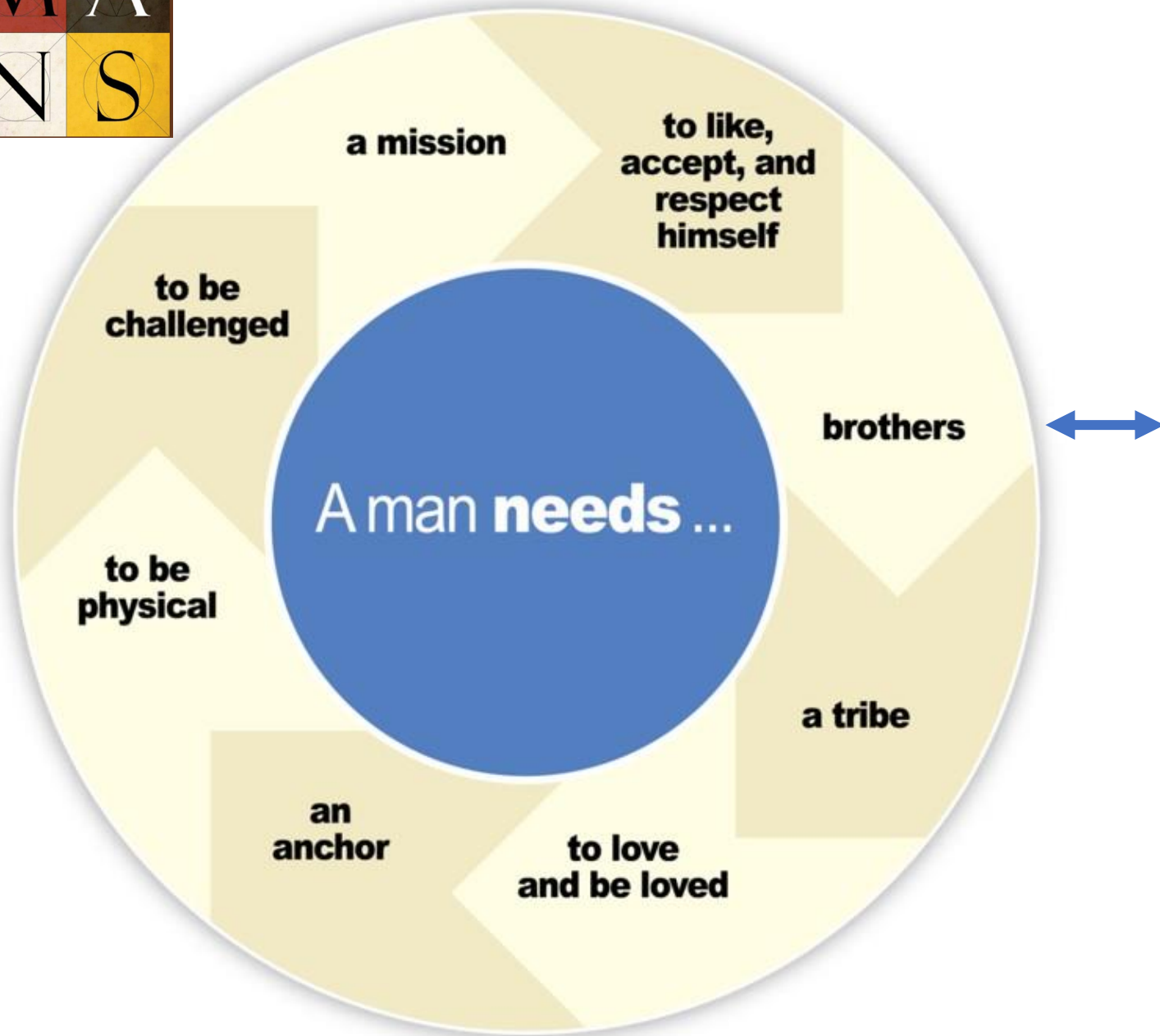


A man needs brothers

- Male peers and friends
- Mentors and father figures

for

- Attention
- Acceptance
- Affection
- Belonging, inclusion



A man needs brothers

Otherwise, he may feel driven to **anyone** — *even strangers online and anonymous hook-ups* — who seems to offer acceptance and belonging and make him feel wanted.

- No matter how fleeting
- No matter the price.



A man needs a tribe

- Belonging
- Wanted
- Included
- Valued
- Shared purpose
- Positive action



A man needs a tribe

Otherwise, he may join any group that will have him, no matter how unhealthy and no matter the cost.

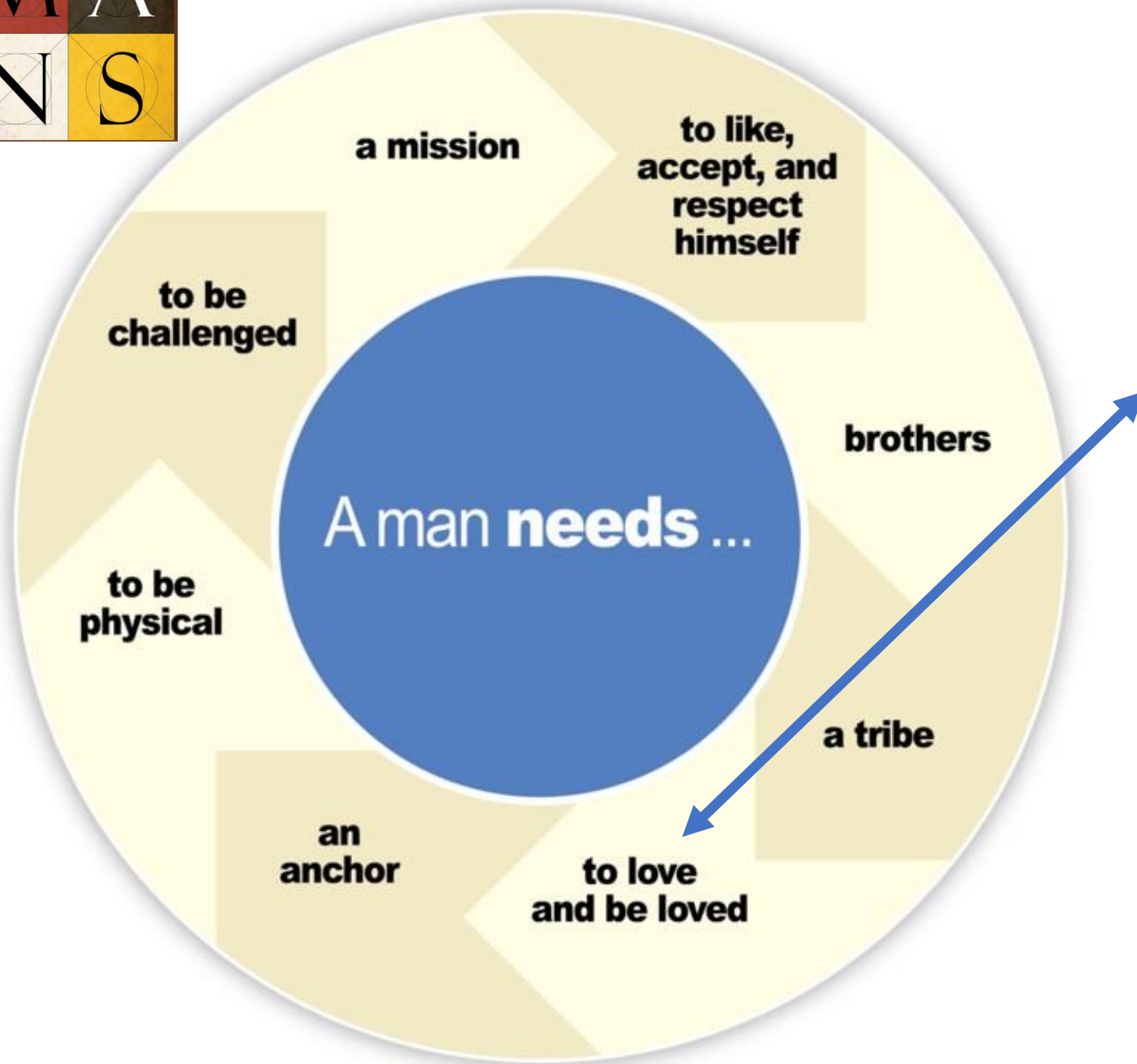
Or, he may fall into a life of abject isolation, suppressing all needs and avoiding all contact.



A man needs to love and be loved

- Love is the greatest human need.
- Attachment is our deepest yearning.

A wounded man cannot authentically give love until he can first receive it.



A man needs to love and be loved

When authentic love seems unavailable or out of reach, a man may turn to

- Porn or hook-ups (imaginary love)
- Toxic relationships (anything is better than nothing)
- Other forms of acting out or numbing out



A man needs an anchor

- Not a person but a purpose
- Not a relationship but core beliefs and values

From his purpose, his core beliefs and core values, a man forms his **self-identity** — a vision of himself that sets the entire course of his life.



A man needs an anchor

Without a meaningful anchor, a man will drift to wherever he feels most accepted or wherever appears to offer the most pleasure.

A man needs to be physical



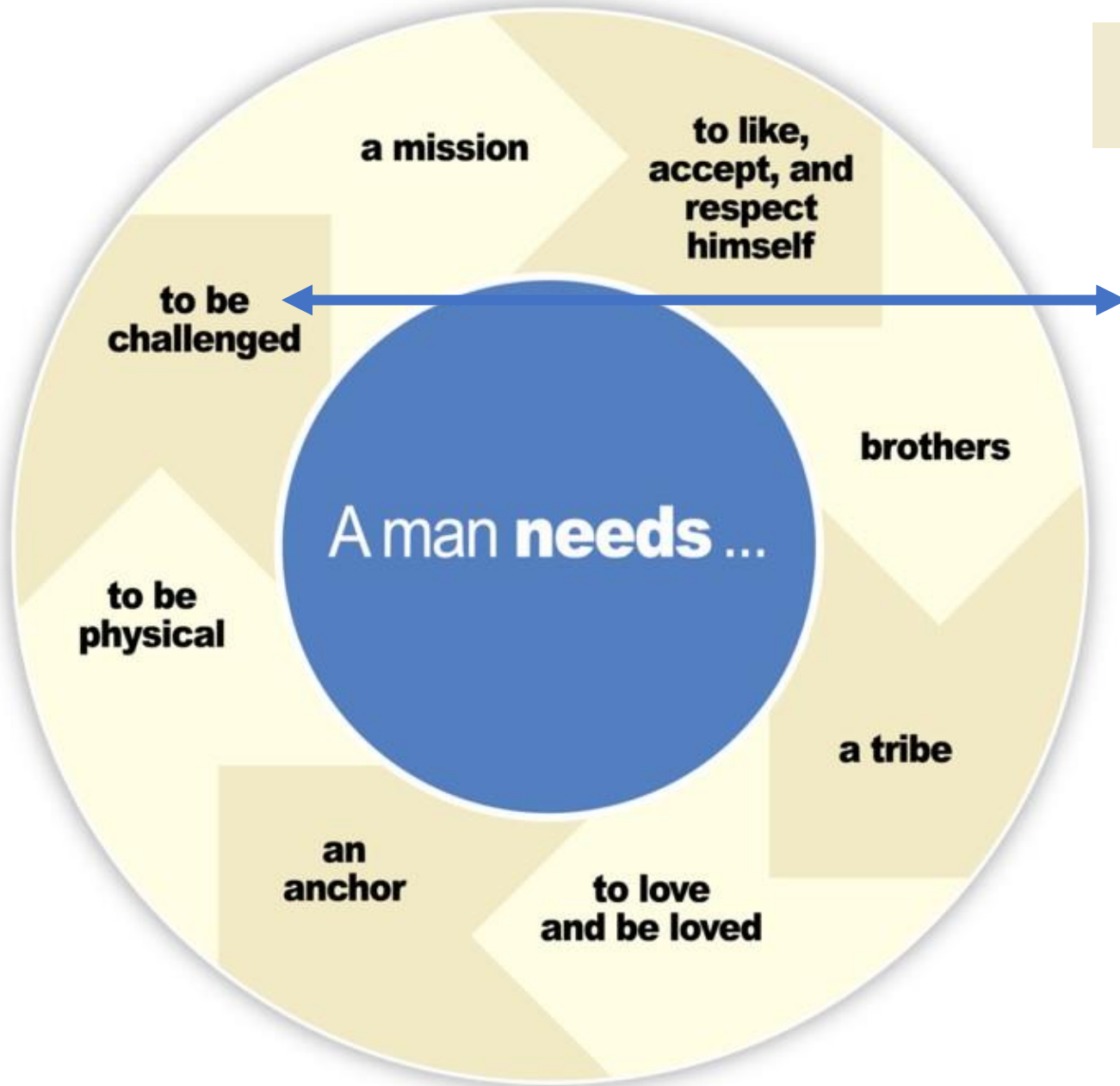
- Experience healthy and balanced connection to his body
 - Physical challenges
 - Active movement
 - Play
- Experience and learn to regulate his emotions through his body
- Healthy physical touch
 - Including safe, platonic embrace of other men.
- Accept and express his sexuality in healthy ways



A man needs to be physical

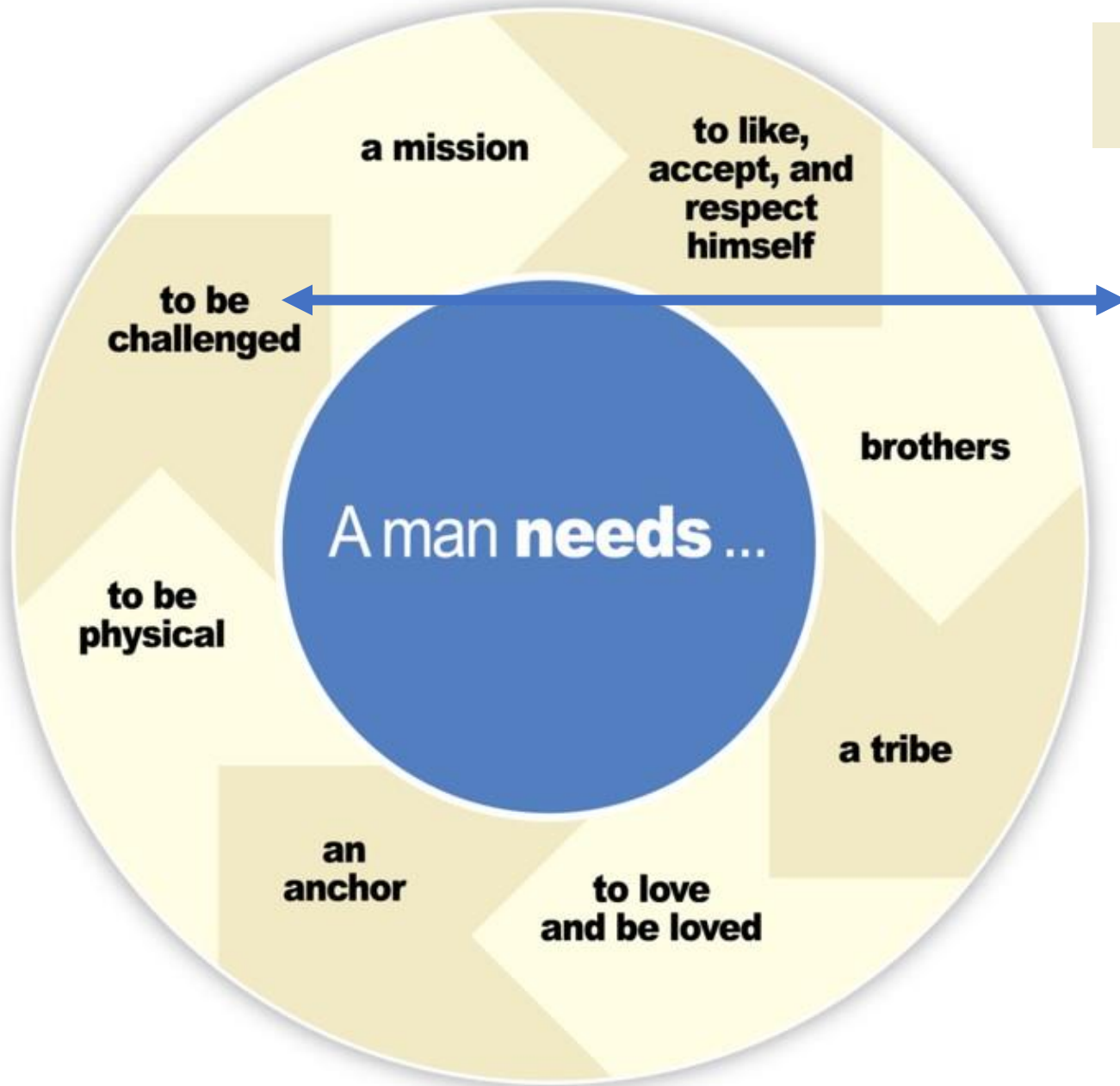
Without healthy physical expression, a man may neglect or abuse his body or use it to harm others.

A man needs to be challenged



- Adventure
- Excitement
- Tested
- Prove himself
- Feel genuinely competent
- Create
- Solve
- Learn
- Experience
- Grow

A man needs to be challenged



Without being challenged, a man can lose his passion for life, his anchor, and his sense of value.



A man needs a mission

- A higher purpose
- Meaningful work
- A cause greater than himself
- Meaning beyond serving his own wants and needs.

- Built on his anchor (his core beliefs, values, identity)




A man needs a mission

Without it, a man can become self-absorbed, less able to love, and stuck in past wounds and victimhood.



Seth's Story





Austin's Story





Uncover (Discover!) Core Needs

Begin by accepting the reality that you actually *have* **needs** ...

... and are **worthy** of having them met in healthy ways.





Uncover (Discover!) Core Needs

Beware! Just because you really, really *want* something doesn't make it a **need**.

- Sex is a **want**, an urge, a powerful drive — but not a need.
- Love, companionships, and healthy touch are **needs**.





Meet Core Needs in Healthy Ways

Once you understand your real needs,
find ways to meet them in healthy ways.





Meet Core Needs in Healthy Ways

But remember:

This *does* take courage and emotional risk!

And you *will* feel hurt at times.





Meet Core Needs in Healthy Ways

Core needs can be met by a variety of relationships and in a variety of ways.

- Wanting a *particular* person to love you is a want.
 - At its worst, this attitude can lead to desperate emotional dependency and toxic, even abusive relationships.
- Feeling loved by *someone* (or by multiple people) is a need.
- Loving yourself is a need.



Surrender

Surrender

Surrender is integral to every aspect of M.A.N.S. work.

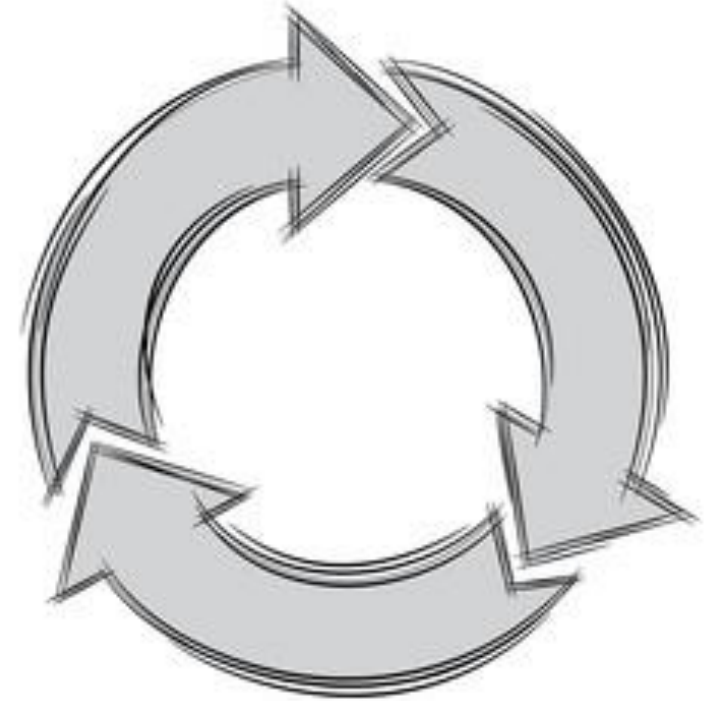
- **Masculinity:** Surrender our fear, prejudices, and defenses against heterosexual men and masculinity.
- **Authenticity:** Surrender our façade, masks, shame, secrecy, lies, isolation, passivity, and unhealthy coping mechanisms.
- **Needs Fulfillment:** Surrender counter-productive ways of meeting our need. Surrender the safety of our comfort zone.



Surrender

Many of us keep doing the same things we've always done, hoping to get different results this time.

- (Maybe if we just pray hard enough or wish hard enough this time!)



Surrender

Our Solution

1. Surrender your resistance to change
2. Becoming willing to yield your will to God's
3. Release harmful thoughts, behaviors, and more
4. Embrace meaning and mission instead



Seth's Story





Austin's Story



Surrender resistance to change

- Resistance is always trying to protect you from pain.
 - Learn from it instead of fighting it
- We can't feel genuinely curious and shame at the same time



Surrender

Become willing to accept your life and this journey as it is, and not want you wish it were.

Stop living in the “shoulds” (what should have happened, what people should do or should have done).

Become willing to live in the reality of what *is* or what *was* instead.



Yield your will to God's

Become open to the reality that "your way" inevitably leads to heartache when it goes up against God's way.

Become willing to give up:

- White-knuckled willpower
- Begging God to "take it away"
- Making impossible promises (*"this time I really mean it"*)



Yield your will to God's

Rather than asking God to give you more **strength** (ability) to resist temptations...

... try asking Him to change the **desires** of your heart (your will) so that, more and more, you authentically want what He wants.



Release harmful thoughts, behaviors and more

Become willing to begin to release your attachments to harmful

- Thoughts
- Beliefs
- Feelings
- Impulses
- Behaviors
- Habits
- Relationships



The power is in your **willingness** to give these attachments away, not in your **ability** to control them.

Release harmful thoughts, behaviors and more

Become willing to release your attachments to lust

- Secrecy
- Thought life
- Pride
- Justifications
- Loneliness
- Habit



Or anything negative or harmful about your sexuality.


Release harmful thoughts, behaviors and more

Become willing to release your attachments to resentments and blame.

Become ready to accept and forgive — ourselves and others.



Embrace life meaning and mission

A person with a backpack stands on the edge of a rugged, rocky cliff. The scene is set during sunset or sunrise, with a warm, golden light illuminating the sky and the rocks. The person is looking out over a vast, hazy landscape of mountains and valleys. The sky is filled with soft, wispy clouds, and the overall atmosphere is one of contemplation and achievement.

You'll eventually discover that this work, ultimately, isn't all about you, after all.

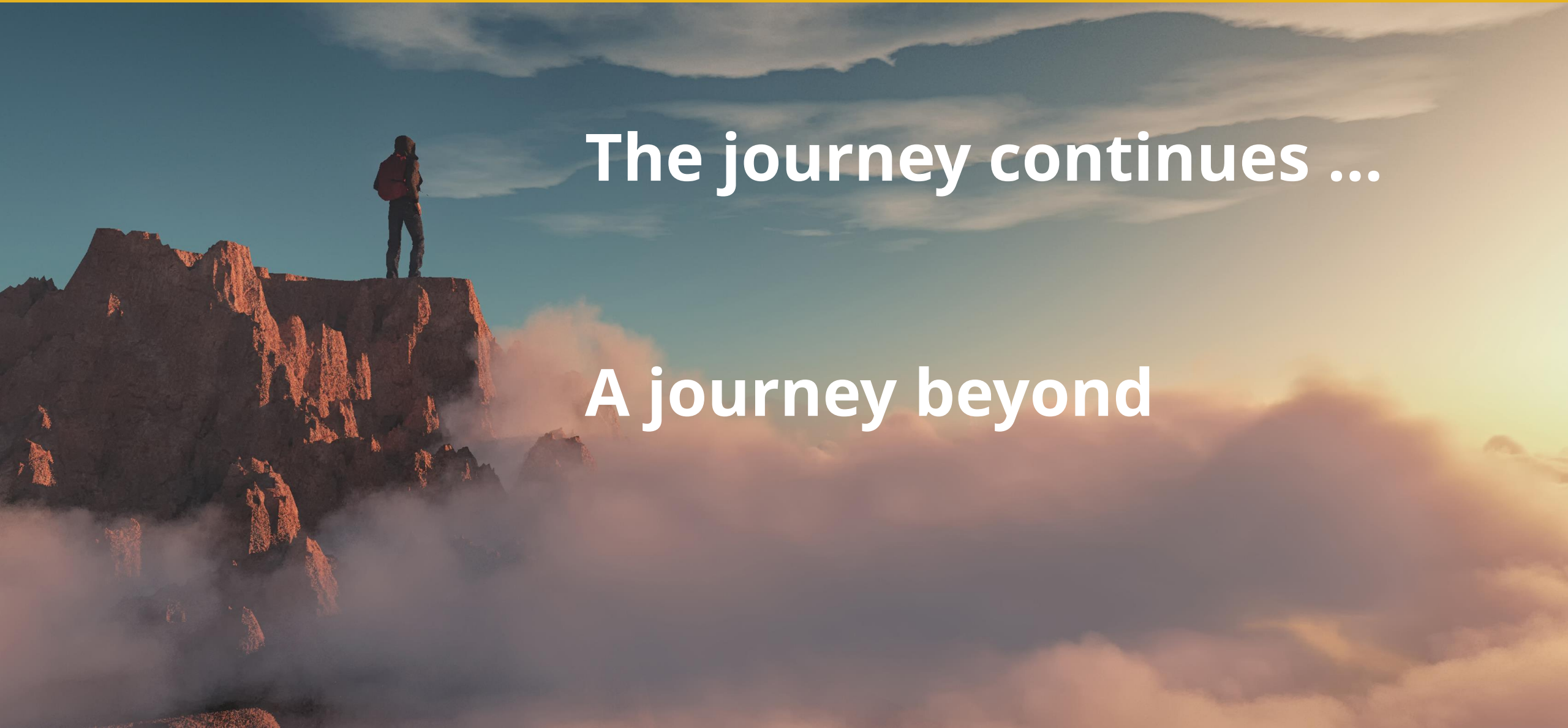
The entire journey has strengthened you, made you a better person, and better able to serve God and others.

Your journey has meaning. Your life has a mission: To use everything you've experienced and "pay it forward" to benefit others.

Embrace life meaning and mission

The journey continues ...

A journey beyond





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BROTHERS ON A ROAD LESS TRAVELED

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