

Reframing a Same-Sex Attraction

Using the MANS Principles

WHAT IS REALLY GOING ON? ([Authenticity](#))

- ❑ **What** about him are you *actually* attracted to? (Look beyond just the physical.)
- ❑ **When** are you more attracted to him (or men like him)?
- ❑ What are your **stories** about *him* (or men like him)?
- ❑ What are your **stories** about *you* (compared to him)?

WHAT ARE YOUR REAL NEEDS? ([Needs Fulfillment](#))

- ❑ **What** does your attraction to him *in this moment* reveal to you about your real, underlying (unmet) needs?
 - Confidence? Friendship? Connection? Self-care? Strength?

WHAT DO YOU NEED TO SURRENDER? ([Surrender](#))

- ❑ **What** does your attraction to him *in this moment* reveal to you about what you might need to surrender?
 - Harmful self-judgments? Harmful comparisons? Distressing beliefs? Impossible expectations?

STEP INTO YOUR GOLDEN MASCULINE SELF ([Masculinity](#))

- ❑ Now recall a time when you felt the strongest, most confident, grounded, connected to God and to other men. Where were you? What was happening? **“Remember” it in your body**, not just your mind. **Feel it now.**
- ❑ Remaining firmly grounded in your Golden Masculine state, see yourself in this man’s presence again. Notice what if, anything, changes about your experience of him and how you feel about yourself in his presence.



Let SSA be your teacher, not your enemy.

Notice what it can reveal to you about you—especially about any unmet needs, unhealed wounds, or harmful beliefs.