

Four Stages of Resolving Unwanted Same-Sex Attraction (SSA)

Stage One: Transitioning (Behavioral Therapy)

- ▶ Cutting off from sexual behaviors: playgrounds, playmates, playthings
- ▶ Developing a Support Network
- ▶ Building self-worth and experiencing value in relationship with God

Stage Two: Grounding (Cognitive Therapy)

- ▶ Continuing with the Support Network
- ▶ Continuing to build self-worth and experience value in relationship with God
- ▶ Building skills: assertiveness training, communication skills, problem-solving techniques
- ▶ Beginning inner-child healing: identifying thoughts, feelings, and needs

Stage Three: Healing Homo-Emotional/Homo-Social Wounds (Psychodynamic Therapy)

- ▶ Continuing all tasks of Stage One and Two
- ▶ Discovering the root causes of homo-emotional/social wounds
- ▶ Beginning the process of grieving, forgiving and taking responsibility
- ▶ Developing healthy, healing same-gender relationships

Stage Four: Healing Hetero-Emotional/Hetero-Social Wounds (Psychodynamic Therapy)

- ▶ Continuing all tasks of Stage One, Stage Two and Stage Three
- ▶ Discovering the root causes of hetero-emotional/social wounds
- ▶ Continuing the process of grieving, forgiving and taking responsibility
- ▶ Developing healthy, healing opposite-sex relationships and learning about the opposite sex through the perspective of one's own gender