



## SAME SEX ATTRACTION (SSA) PART 2

### UNDERSTANDING THE LESBIAN

There are many similarities in male and female homosexuality, there also specific differences between male and female homosexuality.

1. Sex and sexual attraction are not necessary key components of lesbian relationships. The propelling drive in the lesbian relationship is the emotional and nurturing needs being met. For the female homosexual, 'emotional attraction' plays a more critical role than sexual or physical attraction.

2. From an external perspective, it appears that there is a strong emotional attachment between the partners. However, a closer look reveals behaviours that indicate a fragile relational bond ridden with fear and anxiety. We will see fears of abandonment and/or being overwhelmed, struggles involving power (or powerlessness) and control, and desires to merge with another person to obtain a sense of security and significance.

3. Female relationships lean toward social exclusivity rather than inclusivity and it is not unusual for a lesbian couple to increasingly reduce contact with family members and previous friends. This gradual withdrawal serves to insure control, and protects against separateness and perceived threats to their fragile bond.

4. Lesbian partnerships tend to be filled with emotional intensity and held together by the 'glue' of jealousy, over-possessiveness and various manipulative behaviours. During the course of relationship, the 'highs' are very high, and the times of conflict, extreme. Excessive time together, frequent telephoning, disproportionate card or gift-giving, frequent arguments, moving in together or merging finances, are some of the ways separateness is defended against. In such relationships, we see the counterfeit of healthy attachment.

5. It's not uncommon for lesbian lovers to have a "can't live without you" kind of feeling toward each other. There's often a desperate quality to the emotional attraction in these women where they can recognize that their lesbian relationship re-enacted their need for maternal love. It is a compelling and powerful feeling, and a helpless one. Depending on who is dominant and submissive, one will feel good and needed while the other felt cared for and nurtured. Either way, they both feel extremely important to other.

The 2 common environments where female same sex attraction develops -

#### 1. Traumatizing Events

- Physical Trauma
  - Caring that has become sexualized; 80% experienced rape or sexually violated in some ways
  - 32% were victims of physical abuse
- Emotional Trauma
  - 69% experienced emotional abuse
  - 53% were verbally abused
  - 30% felt abandoned
  - 20% felt utterly neglected

Others including lack of protection, absence of nurture, and unmet attachment needs i.e. love, acceptance from their family. And the inability to identify with their gender.

#### 2. Peer Influence

- Labelling/Name calling
- Harassment
- Alienation
- Fear or inability to relate to the opposite gender

The way out of Same Sex Attraction is a journey which requires one to look at the roots and its outcome. It is a journey that no one should travel alone but shared by others who are walking the same path, with a community of people who are committed to recovery. It's a journey of self-discovery, acceptance and healing.

Here at CLM, our **New Beginnings therapy group** is a small community of people who are committed to each other and to our purpose of recovery we offer you a safe environment for healing and a new beginning.

If you are a parent of a child who is showing homosexual tendencies do call CLM. There are some very helpful literature and resources that can help you. Breaking of a homosexual relationship can be very painful for a girl and can be so devastating that she becomes filled with hopelessness and may even contemplate suicide.

#### New Beginnings group

**(A therapy group for Same Sex Attraction)**  
meets on the 1<sup>st</sup> & 3<sup>rd</sup> Thursday of the month at 8pm in CLM.

Please contact CLM for more information.

***"The homosexual orientation – same sex attractions or feelings – is not a sin in and of itself, but a symptom that comes from emotional wounding as a child."***

***- Jane Boyer, MSN-NP, specialist in addiction medicine, and former lesbian***



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