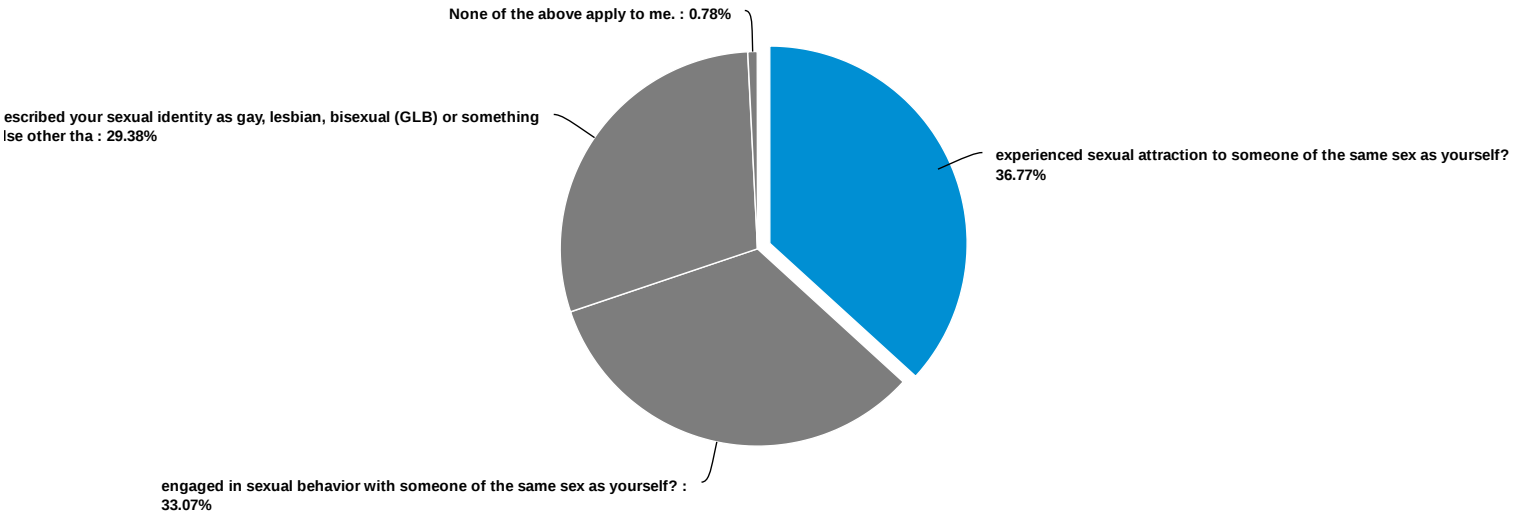
LPB Draft Survey - Dashboard

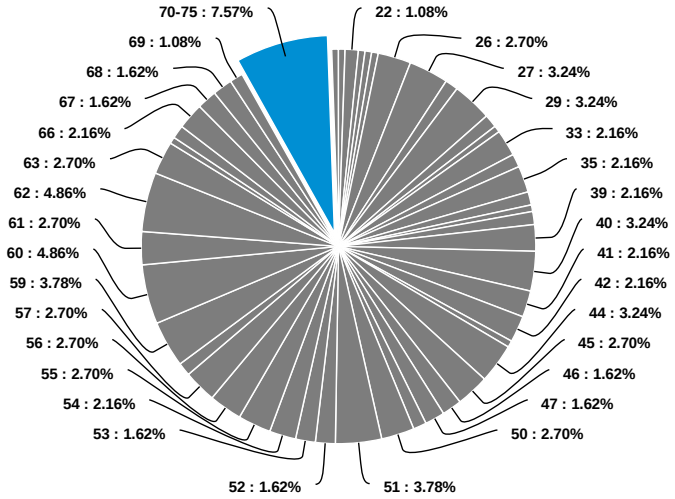
803	221	159	71.95%	62	21 min
Viewed	Total Responses	Completed	Completion Rate	Dropouts	Average Time

Have you ever in your life (check all that apply) ...



Answer	Count	Percent	20%	40%	60%	80%	100%
experienced sexual attraction to someone of the same sex as yourself?	189	36.77%					
engaged in sexual behavior with someone of the same sex as yourself?	170	33.07%					
described your sexual identity as gay, lesbian, bisexual (GLB) or something else other than heterosexual (or straight)?	151	29.38%					
None of the above apply to me.	4	0.78%					
Total	**514**	**100 %**					

How old are you (in years)?

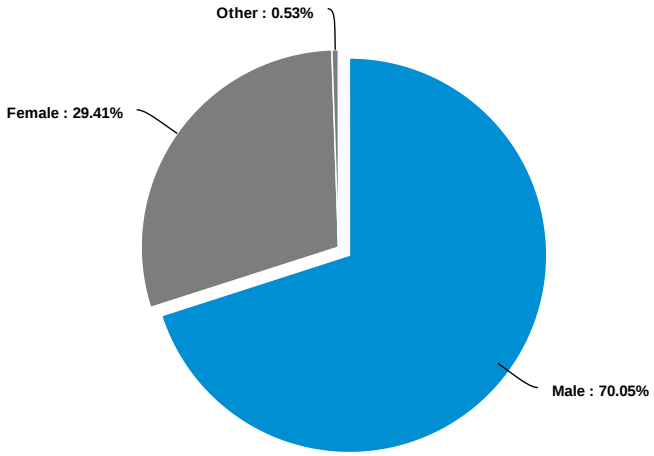


Answer	Count	Percent	20%	40%	60%	80%	100%
18	1	0.54%					
19	0	0%					
20	0	0%					
21	0	0%					
22	2	1.08%					
23	1	0.54%					
24	1	0.54%					
25	1	0.54%					
26	5	2.7%					
27	6	3.24%					
28	2	1.08%					
29	6	3.24%					
30	2	1.08%					
31	0	0%					
32	1	0.54%					
33	4	2.16%					
34	2	1.08%					
35	4	2.16%					
36	2	1.08%					
37	1	0.54%					
38	2	1.08%					

39	4	2.16%
40	6	3.24%
41	4	2.16%
42	4	2.16%
43	1	0.54%
44	6	3.24%
45	5	2.7%
46	3	1.62%
47	3	1.62%
48	2	1.08%
49	0	0%
50	5	2.7%
51	7	3.78%
52	3	1.62%
53	3	1.62%
54	4	2.16%
55	5	2.7%
56	5	2.7%
57	5	2.7%
58	2	1.08%
59	7	3.78%
60	9	4.86%
61	5	2.7%
62	9	4.86%
63	5	2.7%
64	1	0.54%
65	2	1.08%
66	4	2.16%
67	3	1.62%
68	3	1.62%
69	2	1.08%
70-75	14	7.57%
76-80	1	0.54%

Over age 80	0	0%
Total	**185**	**100 %**

Are you male or female?

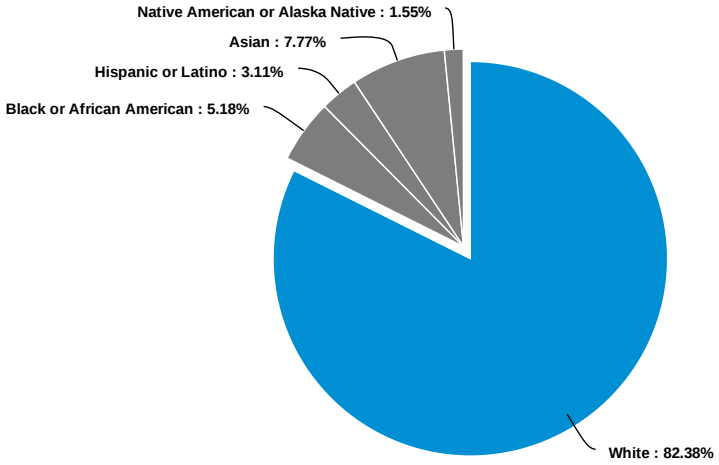


Answer	Count	Percent	20%	40%	60%	80%	100%
Male	131	70.05%					
Female	55	29.41%					
Other	1	0.53%					
Total	**187**	**100 %**					

Are you male or female? - Dynamic Text / Comments

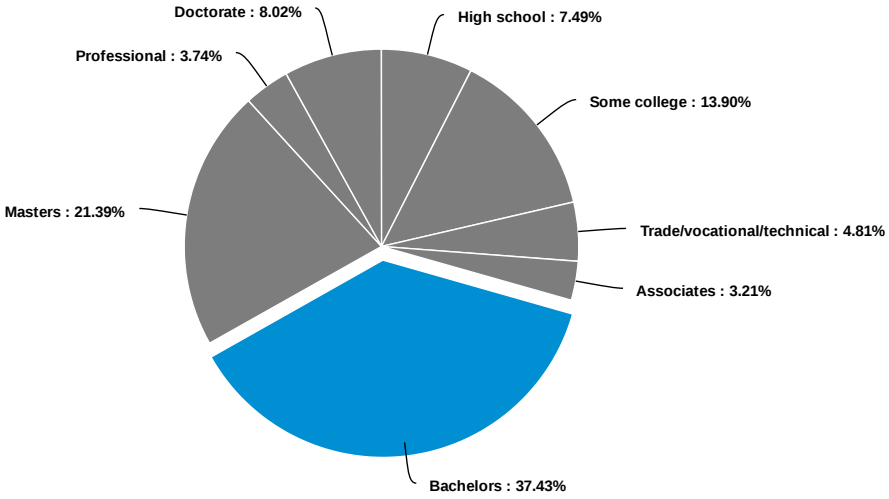
08/02/2025 35736893 [Other] Test

Which one or more of the following best describes your race or ethnicity?



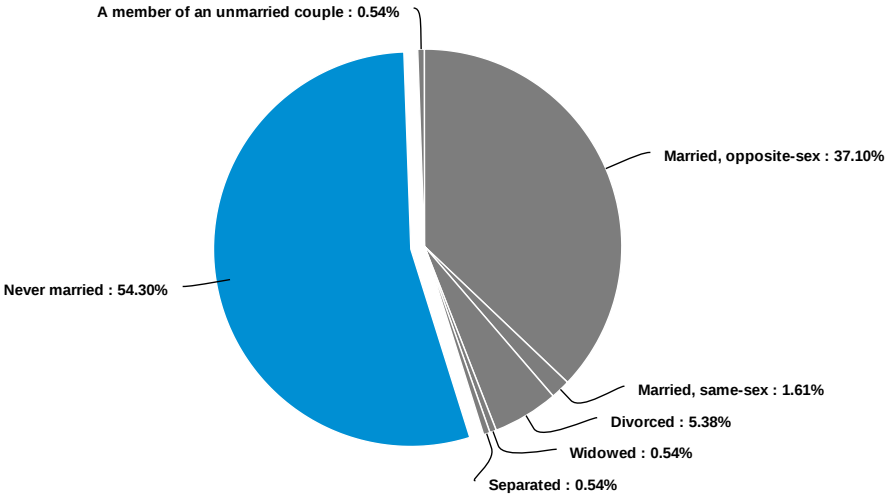
Answer	Count	Percent	20%	40%	60%	80%	100%
White	159	82.38%					
Black or African American	10	5.18%					
Hispanic or Latino	6	3.11%					
Asian	15	7.77%					
Native American or Alaska Native	3	1.55%					
Hawaiian or Pacific Islander	0	0%					
Total	**193**	**100 %**					

What is your highest level of education?



Answer	Count	Percent	20%	40%	60%	80%	100%
High school	14	7.49%					
Some college	26	13.9%					
Trade/vocational/technical	9	4.81%					
Associates	6	3.21%					
Bachelors	70	37.43%					
Masters	40	21.39%					
Professional	7	3.74%					
Doctorate	15	8.02%					
Total	**187**	**100 %**					

Are you ...



Answer	Count	Percent	20%	40%	60%	80%	100%
Married, opposite-sex	69	37.1%					
Married, same-sex	3	1.61%					
Divorced	10	5.38%					
Widowed	1	0.54%					
Separated	1	0.54%					
Never married	101	54.3%					
A member of an unmarried couple	1	0.54%					
Total	**186**	**100 %**					

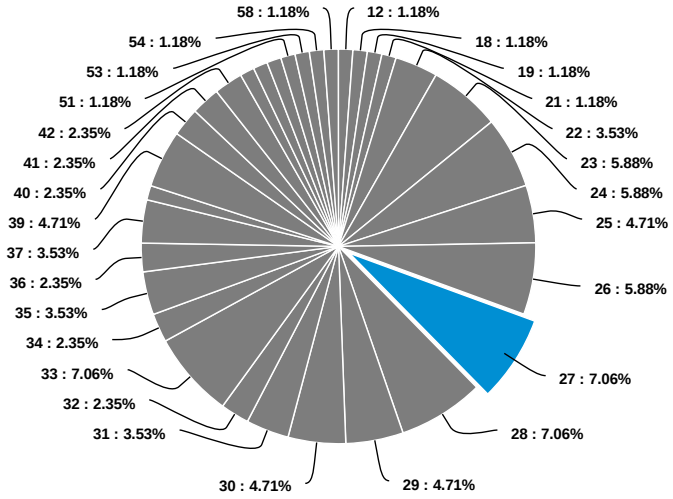
Are you ... - Dynamic Text / Comments

08/30/2025	35818246	[Married, opposite-sex]	1
08/24/2025	35800951	[Married, opposite-sex]	1
08/14/2025	35773250	[Married, opposite-sex]	1
08/13/2025	35768518	[Married, opposite-sex]	2
08/02/2025	35737252	[Married, opposite-sex]	1
08/01/2025	35736277	[Married, opposite-sex]	15
07/31/2025	35734990	[Married, opposite-sex]	Once
07/29/2025	35731376	[Married, opposite-sex]	once
07/27/2025	35725366	[Married, opposite-sex]	7 months
07/26/2025	35723050	[Married, opposite-sex]	two
07/23/2025	35717745	[Married, opposite-sex]	1
07/22/2025	35715605	[Married, opposite-sex]	1
07/22/2025	35714897	[Married, opposite-sex]	1
07/22/2025	35714388	[Married, opposite-sex]	30

07/21/2025	35712865	[Married, opposite-sex]	1
06/23/2025	35633480	[Married, same-sex]	Once.
06/20/2025	35628469	[Married, opposite-sex]	1
06/17/2025	35620644	[Married, opposite-sex]	1
06/11/2025	35609402	[Married, opposite-sex]	Once
06/07/2025	35604116	[Married, opposite-sex]	1
06/06/2025	35603557	[Married, opposite-sex]	Once
06/06/2025	35600654	[Married, opposite-sex]	1
06/05/2025	35599374	[Married, opposite-sex]	One time
06/04/2025	35596627	[Married, opposite-sex]	1
06/01/2025	35586455	[Married, opposite-sex]	once
05/21/2025	35564313	[Married, opposite-sex]	Two
05/20/2025	35563251	[Married, opposite-sex]	1
05/17/2025	35554404	[Married, same-sex]	Only the one
05/15/2025	35551206	[Married, opposite-sex]	only once
05/14/2025	35549266	[Married, opposite-sex]	1
05/07/2025	35536174	[Married, opposite-sex]	1
05/07/2025	35536017	[Married, opposite-sex]	1
05/07/2025	35535145	[Married, opposite-sex]	1
05/05/2025	35532211	[Married, opposite-sex]	1
04/28/2025	35502596	[Married, opposite-sex]	one
04/20/2025	35468040	[Married, opposite-sex]	1
04/16/2025	35448397	[Married, opposite-sex]	35
04/07/2025	35338899	[Married, opposite-sex]	once
03/25/2025	35307146	[Married, opposite-sex]	Once
03/24/2025	35305525	[Married, opposite-sex]	1
03/24/2025	35304794	[Married, opposite-sex]	1
03/23/2025	35301758	[Married, opposite-sex]	1
03/23/2025	35301444	[Married, opposite-sex]	Just this one
03/22/2025	35300346	[Married, opposite-sex]	One
03/21/2025	35298580	[Married, opposite-sex]	One
03/16/2025	35286004	[Married, opposite-sex]	1
03/16/2025	35285989	[Married, opposite-sex]	1
03/14/2025	35283871	[Married, opposite-sex]	1
03/14/2025	35283725	[Married, opposite-sex]	1x
03/14/2025	35283647	[Married, opposite-sex]	1 Time Only, i've given my promise for whole live

03/14/2025	35283528	[Married, opposite-sex] 1
03/13/2025	35281580	[Married, opposite-sex] 1
03/12/2025	35279992	[Married, opposite-sex] Once
03/12/2025	35279895	[Married, opposite-sex] 1
03/11/2025	35277831	[Married, opposite-sex] 2
03/11/2025	35277539	[Married, opposite-sex] 1
03/11/2025	35277277	[Married, opposite-sex] Once.
03/11/2025	35276675	[Married, opposite-sex] 1
03/11/2025	35276629	[Married, opposite-sex] 1
03/11/2025	35276549	[Married, opposite-sex] 1
03/11/2025	35276386	[Married, opposite-sex] 1
03/05/2025	35259534	[Married, opposite-sex] 2, first wife died. Never divorced.
03/03/2025	35255412	[Married, opposite-sex] Once
03/03/2025	35255409	[Married, opposite-sex] Once
03/03/2025	35255403	[Married, opposite-sex] Once
03/03/2025	35255117	[Married, opposite-sex] 1
02/24/2025	35228118	[Married, opposite-sex] Once.
02/17/2025	35201291	[Married, opposite-sex] one
02/17/2025	35199899	[Married, same-sex] once

How old were you when you got married (most recently, if married more than once)?

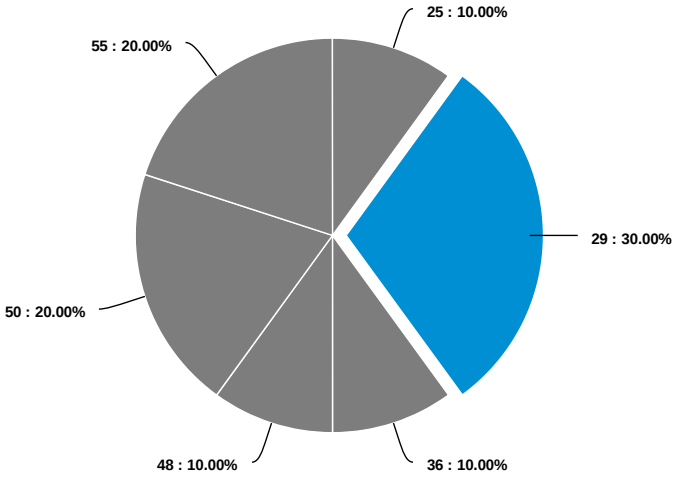


Answer	Count	Percent	20%	40%	60%	80%	100%
Younger than 12	0	0%					
12	1	1.18%					
13	0	0%					
14	0	0%					
15	0	0%					
16	0	0%					
17	0	0%					
18	1	1.18%					
19	1	1.18%					
20	0	0%					
21	1	1.18%					
22	3	3.53%					
23	5	5.88%					
24	5	5.88%					
25	4	4.71%					
26	5	5.88%					
27	6	7.06%					
28	6	7.06%					
29	4	4.71%					
30	4	4.71%					
31	3	3.53%					
32	2	2.35%					

33	6	7.06%
34	2	2.35%
35	3	3.53%
36	2	2.35%
37	3	3.53%
38	1	1.18%
39	4	4.71%
40	2	2.35%
41	2	2.35%
42	2	2.35%
43	0	0%
44	0	0%
45	1	1.18%
46	1	1.18%
47	1	1.18%
48	0	0%
49	0	0%
50	0	0%
51	1	1.18%
52	0	0%
53	1	1.18%
54	1	1.18%
55	0	0%
56	0	0%
57	0	0%
58	1	1.18%
59	0	0%
60	0	0%
61	0	0%
62	0	0%
63	0	0%
64	0	0%
65	0	0%
66	0	0%

67	0	0%
68	0	0%
69	0	0%
70-75	0	0%
76-80	0	0%
Over age 80	0	0%
Total	**85**	**100 %**

How old were you when you got divorced?

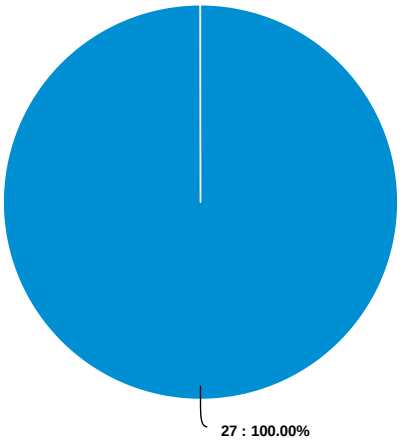


Answer	Count	Percent	20%	40%	60%	80%	100%
Younger than 12	0	0%					
12	0	0%					
13	0	0%					
14	0	0%					
15	0	0%					
16	0	0%					
17	0	0%					
18	0	0%					
19	0	0%					
20	0	0%					
21	0	0%					
22	0	0%					
23	0	0%					
24	0	0%					
25	1	10%					
26	0	0%					
27	0	0%					
28	0	0%					
29	3	30%					
30	0	0%					
31	0	0%					
32	0	0%					
33	0	0%					

34	0	0%
35	0	0%
36	1	10%
37	0	0%
38	0	0%
39	0	0%
40	0	0%
41	0	0%
42	0	0%
43	0	0%
44	0	0%
45	0	0%
46	0	0%
47	0	0%
48	1	10%
49	0	0%
50	2	20%
51	0	0%
52	0	0%
53	0	0%
54	0	0%
55	2	20%
56	0	0%
57	0	0%
58	0	0%
59	0	0%
60	0	0%
61	0	0%
62	0	0%
63	0	0%
64	0	0%
65	0	0%
66	0	0%
67	0	0%
68	0	0%

69	0	0%
70-75	0	0%
76-80	0	0%
Over age 80	0	0%
Total	**10**	**100 %**

How old were you when you became separated?



Answer	Count	Percent	20%	40%	60%	80%	100%
Younger than 12	0	0%					
12	0	0%					
13	0	0%					
14	0	0%					
15	0	0%					
16	0	0%					
17	0	0%					
18	0	0%					
19	0	0%					
20	0	0%					
21	0	0%					
22	0	0%					
23	0	0%					
24	0	0%					
25	0	0%					
26	0	0%					
27	1	100%					
28	0	0%					
29	0	0%					
30	0	0%					
31	0	0%					
32	0	0%					
33	0	0%					

34	0	0%
35	0	0%
36	0	0%
37	0	0%
38	0	0%
39	0	0%
40	0	0%
41	0	0%
42	0	0%
43	0	0%
44	0	0%
45	0	0%
46	0	0%
47	0	0%
48	0	0%
49	0	0%
50	0	0%
51	0	0%
52	0	0%
53	0	0%
54	0	0%
55	0	0%
56	0	0%
57	0	0%
58	0	0%
59	0	0%
60	0	0%
61	0	0%
62	0	0%
63	0	0%
64	0	0%
65	0	0%
66	0	0%
67	0	0%
68	0	0%
69	0	0%

70-75	0	0%
76-80	0	0%
Over age 80	0	0%
Total	**1**	**100 %**

How old were you when you began living together?

Answer	Count	Percent	20%	40%	60%	80%	100%
Younger than 12	0	0%					
12	0	0%					
13	0	0%					
14	0	0%					
15	0	0%					
16	0	0%					
17	0	0%					
18	0	0%					
19	0	0%					
20	0	0%					
21	0	0%					
22	0	0%					
23	0	0%					
24	0	0%					
25	0	0%					
26	0	0%					
27	0	0%					
28	0	0%					
29	0	0%					
30	0	0%					
31	0	0%					
32	0	0%					
33	0	0%					
34	0	0%					
35	0	0%					
36	0	0%					
37	0	0%					
38	0	0%					
39	0	0%					
40	0	0%					
41	0	0%					
42	0	0%					
43	0	0%					

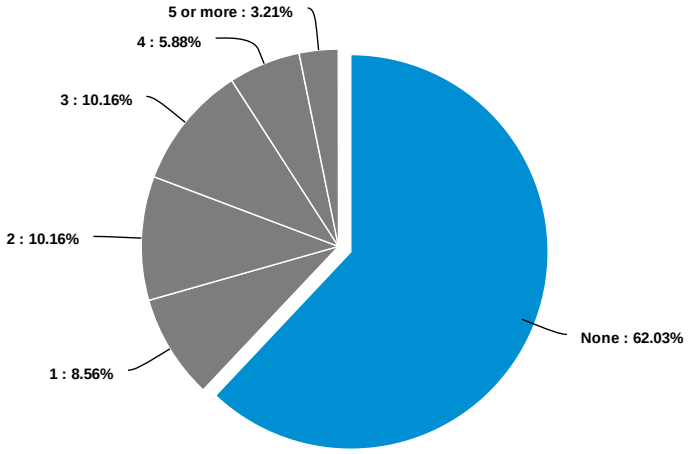
44	0	0%
45	0	0%
46	0	0%
47	0	0%
48	0	0%
49	0	0%
50	0	0%
51	0	0%
52	0	0%
53	0	0%
54	0	0%
55	0	0%
56	0	0%
57	0	0%
58	0	0%
59	0	0%
60	0	0%
61	0	0%
62	0	0%
63	0	0%
64	0	0%
65	0	0%
66	0	0%
67	0	0%
68	0	0%
69	0	0%
70-75	0	0%
76-80	0	0%
Over age 80	0	0%
Total	**0**	**0 %**

How old were you when your spouse died?

Answer	Count	Percent	20%	40%	60%	80%	100%
Younger than 12	0	0%					
12	0	0%					
13	0	0%					
14	0	0%					
15	0	0%					
16	0	0%					
17	0	0%					
18	0	0%					
19	0	0%					
20	0	0%					
21	0	0%					
22	0	0%					
23	0	0%					
24	0	0%					
25	0	0%					
26	0	0%					
27	0	0%					
28	0	0%					
29	0	0%					
30	0	0%					
31	0	0%					
32	0	0%					
33	0	0%					
34	0	0%					
35	0	0%					
36	0	0%					
37	0	0%					
38	0	0%					
39	0	0%					
40	0	0%					
41	0	0%					
42	0	0%					
43	0	0%					

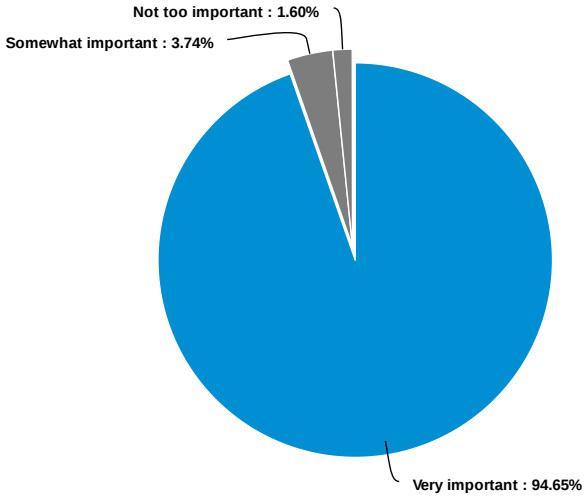
44	0	0%
45	0	0%
46	0	0%
47	0	0%
48	0	0%
49	0	0%
50	0	0%
51	0	0%
52	0	0%
53	0	0%
54	0	0%
55	0	0%
56	0	0%
57	0	0%
58	0	0%
59	0	0%
60	0	0%
61	0	0%
62	0	0%
63	0	0%
64	0	0%
65	0	0%
66	0	0%
67	0	0%
68	0	0%
69	0	0%
70-75	0	0%
76-80	0	0%
Over age 80	0	0%
Total	**0**	**0 %**

How many children do you have?



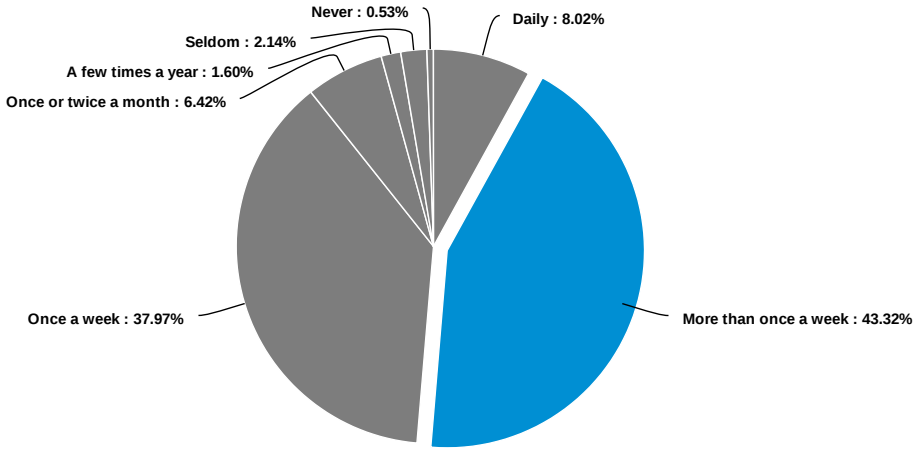
Answer	Count	Percent	20%	40%	60%	80%	100%
None	116	62.03%					
1	16	8.56%					
2	19	10.16%					
3	19	10.16%					
4	11	5.88%					
5 or more	6	3.21%					
Total	**187**	**100 %**					

How important is religion in your life?



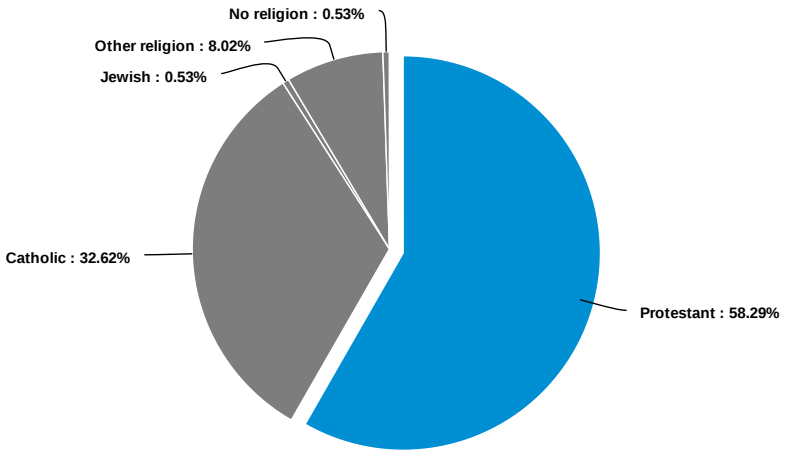
Answer	Count	Percent	20%	40%	60%	80%	100%
Very important	177	94.65%					
Somewhat important	7	3.74%					
Not too important	3	1.6%					
Not at all important	0	0%					
Total	**187**	**100 %**					

Aside from weddings and funerals, about how often do you attend religious services?



Answer	Count	Percent	20%	40%	60%	80%	100%
Daily	15	8.02%					
More than once a week	81	43.32%					
Once a week	71	37.97%					
Once or twice a month	12	6.42%					
A few times a year	3	1.6%					
Seldom	4	2.14%					
Never	1	0.53%					
Total	**187**	**100 %**					

What is your religious affiliation? Is it Protestant, Catholic, Jewish, some other religion, or no religion?

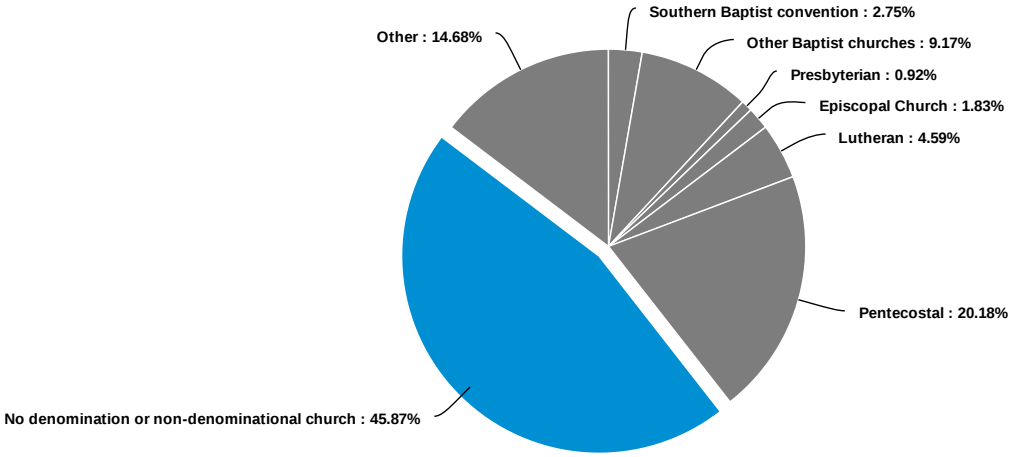


Answer	Count	Percent	20%	40%	60%	80%	100%
Protestant	109	58.29%					
Catholic	61	32.62%					
Jewish	1	0.53%					
Other religion	15	8.02%					
No religion	1	0.53%					
Total	**187**	**100 %**					

What is your religious affiliation? Is it Protestant, Catholic, Jewish, some other religion, or no religion? - Dynamic Text / Comments

07/24/2025	35720758	[Other religion] Christian
07/07/2025	35671745	[Other religion] Christian, trying to discern what flavour
06/23/2025	35635456	[Other religion] Christian, but discerning what flavour is true
06/23/2025	35633480	[Other religion] Rosicrucian.
06/05/2025	35599374	[Other religion] Islam
06/05/2025	35597418	[Other religion] Orthodox Christian
05/14/2025	35547959	[Other religion] Christian - Pentecostal
05/07/2025	35536017	[Other religion] Christian
03/23/2025	35301444	[Other religion] Greek Orthodox
03/14/2025	35283528	[Other religion] free-church
03/11/2025	35277794	[Other religion] Charismatic Christian
03/11/2025	35277783	[Other religion] Charismatic Christian
03/11/2025	35277687	[Other religion] Pentecostal church
03/11/2025	35277277	[Other religion] Netzarim Israel

What specific denomination is that, if any?



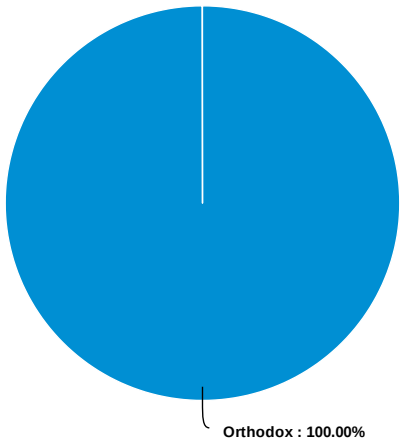
Answer	Count	Percent
Southern Baptist convention	3	2.75%
Other Baptist churches	10	9.17%
United Methodist Church	0	0%
Other Methodist churches	0	0%
Presbyterian	1	0.92%
Episcopal Church	2	1.83%
Lutheran	5	4.59%
Pentecostal	22	20.18%
Mormon	0	0%
African Methodist Episcopal Church	0	0%
No denomination or non-denominational church	50	45.87%
Other	16	14.68%
Total	**109**	**100 %**

What specific denomination is that, if any? - Dynamic Text / Comments

10/11/2025	35930352	[Other] Evangelical Free
08/25/2025	35804664	[Other] Seventh-day Adventist
07/31/2025	35734990	[Other] Anglican
07/22/2025	35714897	[Other] Vineyard
07/21/2025	35712818	[Other] Assembly of God
06/20/2025	35628469	[Other] Evangelical Friends
06/18/2025	35624786	[Other] Friends southwest (Bell Friends Church)
06/17/2025	35620644	[Other] Church of England
06/11/2025	35609402	[Other] Christian Reformed Church

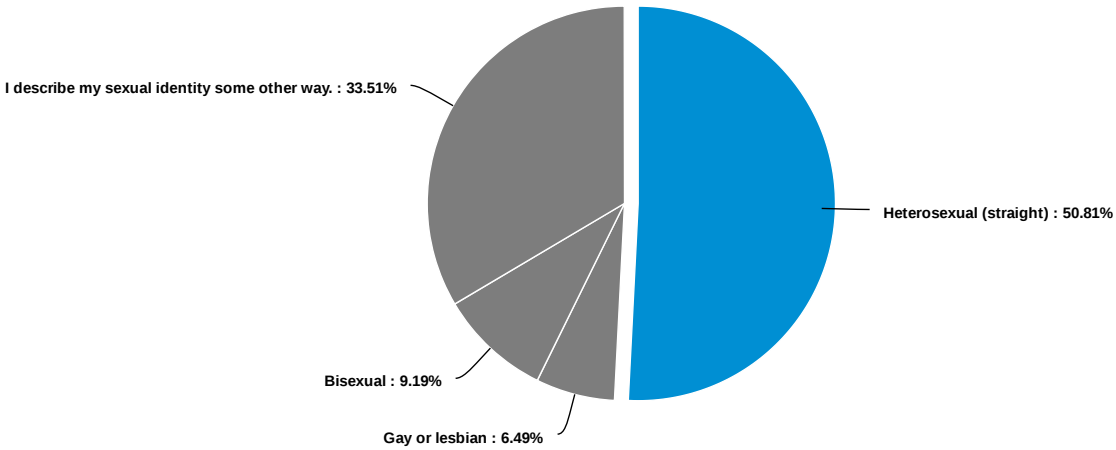
06/07/2025	35603627	[Other] Bread of Life Church
05/15/2025	35551206	[Other] Seventh-Day Adventist
05/08/2025	35538342	[Other] Adventist
03/24/2025	35305050	[Other] I have attended everything from Baptist, Methodist, Nazarene, and non-denominational churches to charismatic/pentecostal churches. While I currently attend a Baptist church, I would say that my beliefs align more with the charismatic churches.
03/12/2025	35279992	[Other] Evangelical
03/11/2025	35276609	[Other] Evangelical
03/11/2025	35276414	[Other] Evangelisch, licht charismatisch

Do you consider yourself Orthodox, Conservative, Reform, or none of these?



Answer	Count	Percent	20%	40%	60%	80%	100%
Orthodox	1	100%					
Conservative	0	0%					
Reform	0	0%					
None of these	0	0%					
Total	**1**	**100 %**					

Which of the following best describes your current sexual identity?



Answer	Count	Percent	20%	40%	60%	80%	100%
Heterosexual (straight)	94	50.81%					
Gay or lesbian	12	6.49%					
Bisexual	17	9.19%					
I describe my sexual identity some other way.	62	33.51%					
Total	**185**	**100 %**					

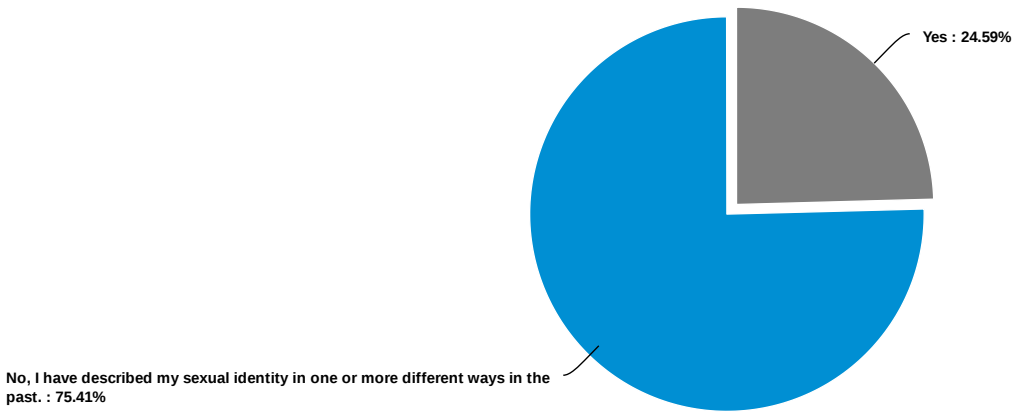
Which of the following best describes your current sexual identity? - Dynamic Text / Comments

08/30/2025	35818246	[I describe my sexual identity some other way.] Same sex attracted
08/27/2025	35812618	[I describe my sexual identity some other way.] Same-sex attracted
08/25/2025	35804664	[I describe my sexual identity some other way.] Same-sex attracted - New Creation in Christ
08/24/2025	35801005	[I describe my sexual identity some other way.] I an sane sex attracted,but less than earlier in my life.
08/24/2025	35800984	[I describe my sexual identity some other way.] I am a woman who experiences same sex attraction..
08/14/2025	35771858	[I describe my sexual identity some other way.] SSA
08/06/2025	35748784	[I describe my sexual identity some other way.] SSA
08/06/2025	35748681	[I describe my sexual identity some other way.] Same Sex attracted
08/05/2025	35745931	[I describe my sexual identity some other way.] Publicly, I would identify myself as heterosexual, but privately, I wrestle with same-sex attractions
08/05/2025	35745726	[I describe my sexual identity some other way.] I live chastely and have same-sex attraction
08/04/2025	35740836	[I describe my sexual identity some other way.] I am attracted to females but not gay
08/01/2025	35736228	[I describe my sexual identity some other way.] As ex-gay
08/01/2025	35736223	[I describe my sexual identity some other way.] As an ex-gay
07/21/2025	35712842	[I describe my sexual identity some other way.] Asexual
07/05/2025	35668813	[I describe my sexual identity some other way.] I am not identified by my sexual desires. I am human female and believe heterosexuality is right within a marriage. Otherwise sexual activity is harmful.
06/18/2025	35624786	[I describe my sexual identity some other way.] Im a same-sex attracted person not yielding to the flesh.
06/07/2025	35603627	[I describe my sexual identity some other way.] Rainbow Crosser

06/07/2025	35603599	[I describe my sexual identity some other way.] A guy who experiences same sex attraction
06/07/2025	35603596	[I describe my sexual identity some other way.] A guy who experiences same sex attraction
06/06/2025	35603557	[I describe my sexual identity some other way.] Practicing heterosexual with same sex attraction that I don't act upon
06/06/2025	35600654	[I describe my sexual identity some other way.] Same sex attracted, but married
06/05/2025	35597369	[I describe my sexual identity some other way.] I experience bisexual feelings but prefer to not use that label for faith reasons
06/04/2025	35596802	[I describe my sexual identity some other way.] Former lesbian
06/04/2025	35596627	[I describe my sexual identity some other way.] I am in a heterosexual marriage for 4+ years, but I still experience unwanted same-sex attractions.
06/04/2025	35595100	[I describe my sexual identity some other way.] Experiences unwanted same sex attraction.
06/01/2025	35586455	[I describe my sexual identity some other way.] I am married and not acting or thinking about same sex attraction . But It does not mean zero attraction. something like married man is not entertaining the thoughts of relationship with other woman.
05/30/2025	35583402	[I describe my sexual identity some other way.] Same sex attracted or i identify as heterosexually created.
05/29/2025	35579987	[I describe my sexual identity some other way.] I experience same-sex attraction but do not identify with the gay lifestyle or the straight lifestyle. I am a celibate layperson.
05/16/2025	35552680	[I describe my sexual identity some other way.] Unsure of the label
05/15/2025	35550980	[I describe my sexual identity some other way.] I am "mixed attracted." I am on some sort of a spectrum of bisexuality. I am a heteromantic bisexual though I do not believe people should take on a "sexual identity" and should instead talk about their attractions. "Heteromantic" is probably the best term for me.
05/14/2025	35549609	[I describe my sexual identity some other way.] I don't believe I have a sexual identity. I am a male. Male bodies complement female bodies, and can reproduce with female bodies.
05/14/2025	35547959	[I describe my sexual identity some other way.] Struggle with same sex attraction
05/07/2025	35534972	[I describe my sexual identity some other way.] I am a former transgender woman
05/07/2025	35534963	[I describe my sexual identity some other way.] I experience same sex attraction
05/03/2025	35526037	[I describe my sexual identity some other way.] I am a man living to love a woman. I hate worldly labels and refuse them.
05/03/2025	35526016	[I describe my sexual identity some other way.] Celibate Christian man (who just happens to have a same-sex attraction)
05/02/2025	35525869	[I describe my sexual identity some other way.] Pansexual
04/22/2025	35478688	[I describe my sexual identity some other way.] I experience same sex attraction but do not base my identity or its label on my sexual attraction or sinful impulse since committing myself to Christ as that would be inconsistent with God's Word. I am tempted to lie at times, but don't call myself a liar.
04/03/2025	35327988	[I describe my sexual identity some other way.] Neutral
03/24/2025	35305050	[I describe my sexual identity some other way.] In general, I tell people I'm straight, but I do still sometimes experience same-sex attraction so I guess technically you could call me bisexual. But I refuse that label.
03/22/2025	35300684	[I describe my sexual identity some other way.] I don't ascribe to a label
03/21/2025	35298850	[I describe my sexual identity some other way.] I have lived a chaste live for the past 22 years, I longer identify as a lesbian, but am not engaged in any relationships as this is not my focus
03/21/2025	35298629	[I describe my sexual identity some other way.] Neither heterosexual nor lesbian
03/16/2025	35286004	[I describe my sexual identity some other way.] Sexually fluid
03/16/2025	35285989	[I describe my sexual identity some other way.] Sexually fluid
03/15/2025	35284748	[I describe my sexual identity some other way.] asexual
03/15/2025	35284632	[I describe my sexual identity some other way.] A child of God
03/14/2025	35283648	[I describe my sexual identity some other way.] Very mildly same sex attracted
03/13/2025	35281580	[I describe my sexual identity some other way.] Monosexual. I am not defining myself to whole genders. Only to my spouse.

03/12/2025	35279895	[I describe my sexual identity some other way.] I am most heterosexual and married to a woman, but I have also male phantasies
03/12/2025	35279212	[I describe my sexual identity some other way.] I describe myself as a man experiencing SSA
03/11/2025	35276732	[I describe my sexual identity some other way.] I don't consider sexual attraction as my identity
03/11/2025	35276675	[I describe my sexual identity some other way.] I dont think that sexual identity is an accurate/useful/helpful category of personhood, certainly not for a Christian. I would describe myself as a married man with much reduced same sex attractions, but the only opposite sex romantic & sexual attractions being towards my wife
03/11/2025	35276609	[I describe my sexual identity some other way.] I am a woman who can experience homosexual feelings
03/11/2025	35276414	[I describe my sexual identity some other way.] I am a woman and can experience ssa
03/04/2025	35256619	[I describe my sexual identity some other way.] I can’t say my sexuality is my identity.
03/03/2025	35255223	[I describe my sexual identity some other way.] Solely and strictly as a man. I've adopted the guidance of the 1986 Letter on the Pastoral Care of the Homosexual Person, which urges us to refrain from such labels as heterosexual or homosexual, since they root our sexual identity not is its objective nature, or its telos, but places it squarely in the realm of the subjective, relying on an absurd basis for any identity, that which causes one sexual arousal. I'm surprised the survey question didn't take into account the wisdom of the Vatican, as taught to men like me from 1986.
03/03/2025	35255117	[I describe my sexual identity some other way.] I don't really feel the need to describe my "sexual identity." I'm heterosexually married, I am faithful to my spouse. To me it's behavior, not identity. My identity is a son of God and a disciple of God's son, Jesus Christ.
02/24/2025	35228118	[I describe my sexual identity some other way.] I prefer to use verbs: I am sexually attracted to my wife, sometimes to other women, and to particular men.
02/17/2025	35201291	[I describe my sexual identity some other way.] I don't tie identity to attraction. So this question feels odd to me. If someone asked me if I were 'gay' or 'straight' I probably would reject the question outright and say I am a woman, married to a man to whom I am deeply attracted. But I wouldn't assign an identity to that attraction.
02/17/2025	35199899	[I describe my sexual identity some other way.] same-sex attracted

Have you always described your sexual identity this way?



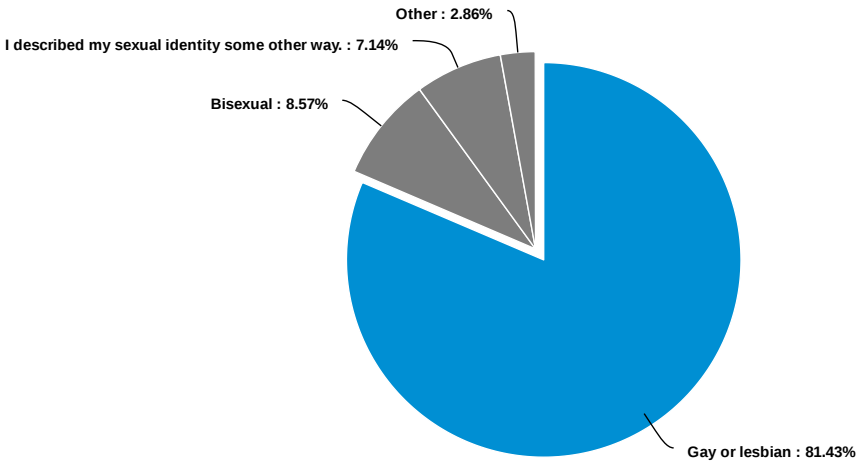
Answer	Count	Percent	20%	40%	60%	80%	100%
Yes	45	24.59%					
No, I have described my sexual identity in one or more different ways in the past.	138	75.41%					
Total	**183**	**100 %**					

How old were you when you came to adopt your current sexual identity or self-understanding?

Answer	Count	Percent	20%	40%	60%	80%	100%
Younger than 12	0	0%					
12	0	0%					
13	0	0%					
14	0	0%					
15	0	0%					
16	0	0%					
17	0	0%					
18	0	0%					
19	0	0%					
20	0	0%					
21	0	0%					
22	0	0%					
23	0	0%					
24	0	0%					
25	0	0%					
26	0	0%					
27	0	0%					
28	0	0%					
29	0	0%					
30	0	0%					
31	0	0%					
32	0	0%					
33	0	0%					
34	0	0%					
35	0	0%					
36	0	0%					
37	0	0%					
38	0	0%					
39	0	0%					
40	0	0%					
41	0	0%					
42	0	0%					

43	0	0%
44	0	0%
45	0	0%
46	0	0%
47	0	0%
48	0	0%
49	0	0%
50	0	0%
51	0	0%
52	0	0%
53	0	0%
54	0	0%
55	0	0%
56	0	0%
57	0	0%
58	0	0%
59	0	0%
60	0	0%
61-65	0	0%
66-70	0	0%
Over age 70	0	0%
Total	**0**	**0 %**

Before coming to adopt your current sexual identity, during the time you adopted a non-heterosexual identity, which of the following would have best described you?

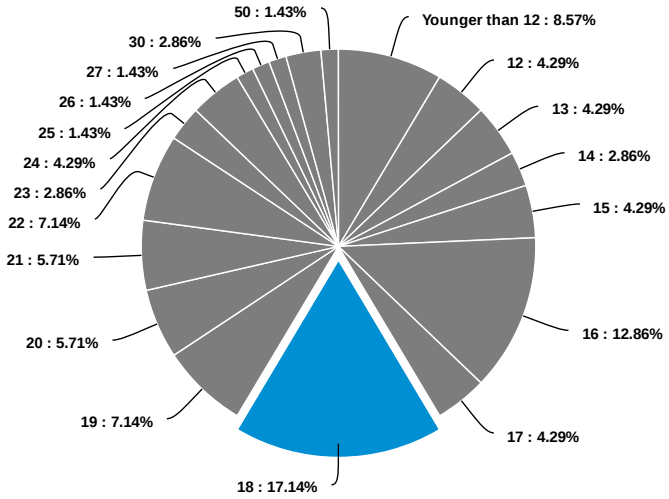


Answer	Count	Percent	20%	40%	60%	80%	100%
Gay or lesbian	57	81.43%					
Bisexual	6	8.57%					
I described my sexual identity some other way.	5	7.14%					
Other	2	2.86%					
Total	**70**	**100 %**					

Before coming to adopt your current sexual identity, during the time you adopted a non-heterosexual identity, which of the following would have best described you? - Dynamic Text / Comments

08/05/2025	35745263	[Other] I never announced a public identity, as there was no need to when I grew up. I struggled silently and was afraid to tell anyone about my attractions. It never occurred to me to identify with my attractions. Anyone who identified as LGBTQ was ridiculed, and I didn't want to be shamed like that.
06/11/2025	35609402	[Other] I tried to avoid thinking about describing it or identifying it... I was confused about it. But at the peak of my SSA, I could have easily been convinced that I was lesbian.
05/09/2025	35539326	[I described my sexual identity some other way.] That I happened to fall in love with a soul who embodied a woman's body
04/20/2025	35468040	[I described my sexual identity some other way.] Kinda of nebulous... I didn't want to fully embrace lesbianism but I wasn't attracted to men like I was to women.
03/14/2025	35283647	[I described my sexual identity some other way.] Ego-dystonic sexual orientation, I feel something (sexual) in me that fits nor to my moral nor to my religious "rules" (a rule as a positive suggestion) .
03/11/2025	35276848	[I described my sexual identity some other way.] same sex attracted
03/11/2025	35276359	[I described my sexual identity some other way.] Transgender

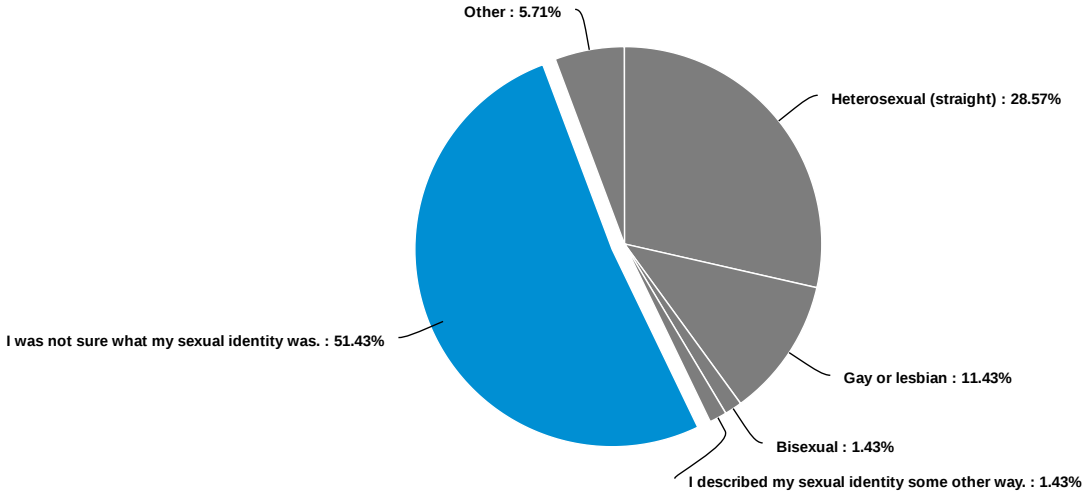
How old were you when you first came to adopt your former non-heterosexual identity?



Answer	Count	Percent	20%	40%	60%	80%	100%
Younger than 12	6	8.57%					
12	3	4.29%					
13	3	4.29%					
14	2	2.86%					
15	3	4.29%					
16	9	12.86%					
17	3	4.29%					
18	12	17.14%					
19	5	7.14%					
20	4	5.71%					
21	4	5.71%					
22	5	7.14%					
23	2	2.86%					
24	3	4.29%					
25	1	1.43%					
26	1	1.43%					
27	1	1.43%					
28	0	0%					
29	0	0%					
30	2	2.86%					
31	0	0%					

32	0	0%
33	0	0%
34	0	0%
35	0	0%
36	0	0%
37	0	0%
38	0	0%
39	0	0%
40	0	0%
41	0	0%
42	0	0%
43	0	0%
44	0	0%
45	0	0%
46	0	0%
47	0	0%
48	0	0%
49	0	0%
50	1	1.43%
51	0	0%
52	0	0%
53	0	0%
54	0	0%
55	0	0%
56	0	0%
57	0	0%
58	0	0%
59	0	0%
60	0	0%
61-65	0	0%
66-70	0	0%
Over age 70	0	0%
Total	**70**	**100 %**

Before you first adopted a non-heterosexual identity, which of the following would have best described you?



Answer	Count	Percent	20%	40%	60%	80%	100%
Heterosexual (straight)	20	28.57%					
Gay or lesbian	8	11.43%					
Bisexual	1	1.43%					
I described my sexual identity some other way.	1	1.43%					
I was not sure what my sexual identity was.	36	51.43%					
Other	4	5.71%					
Total	**70**	**100 %**					

Before you first adopted a non-heterosexual identity, which of the following would have best described you? - Dynamic Text / Comments

08/05/2025	35745263	[Other] I didn't want to admit to anyone that I was attracted to the same sex or wanted to become the opposite sex, lest I be shamed by the general public. For me, it really wasn't an identity issue. It was the fact that I felt different from everyone and was too scared to admit what was going on inside.
07/23/2025	35718524	[Other] I hated be a girl and I sure wanted to be a guy
07/22/2025	35715605	[I described my sexual identity some other way.] I was confused about my feelings for girls in general and especially one of my best friends. I didn't have language for that yet.
06/06/2025	35603467	[Other] Confused
03/23/2025	35301444	[Other] This terminology was not used at the time. Not that being "gay" or "lesbian" but it wasn't our identity and had more to do with who we were sexually attracted too.

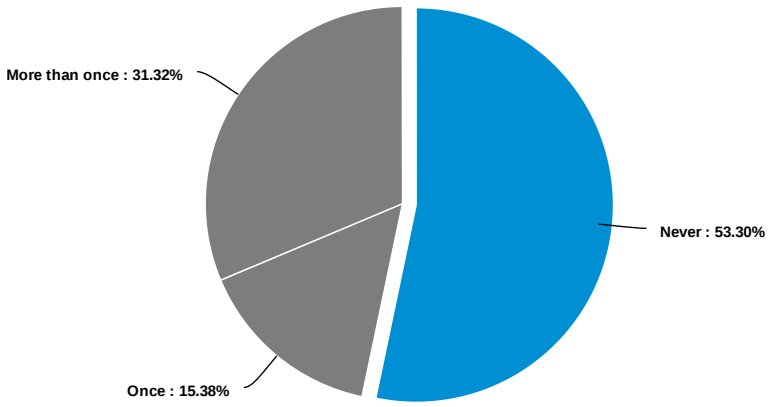
Child Sexual Abuse Before age 18, how often did anyone at least 5 years older than you, or an adult . . .

Statement	Never	Once	More than once	Overall
ever touch you sexually? Was it ...	97 53.3%	28 15.38%	57 31.32%	182 100%
try to make you touch them sexually? Was it ...	111 64.53%	18 10.47%	43 25%	172 100%
force you to have sexual intercourse? Was it ...	147 86.47%	12 7.06%	11 6.47%	170 100%

Min Max

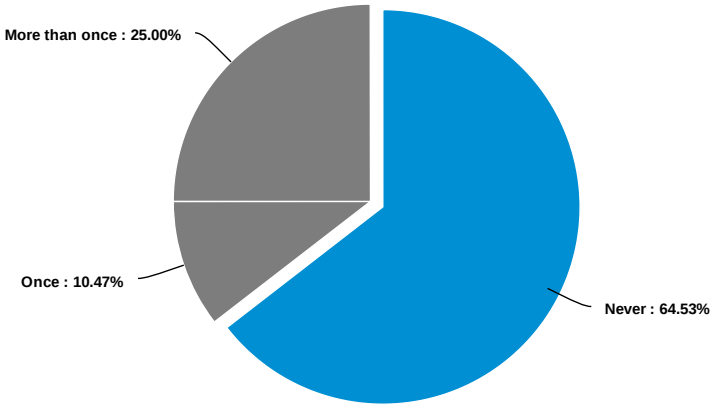
Question	Count	Score	Never	Once	More than once
ever touch you sexually? Was it ...	182	1.78			
try to make you touch them sexually? Was it ...	172	1.6			
force you to have sexual intercourse? Was it ...	170	1.2			
	Average	**1.53**			

ever touch you sexually? Was it ...



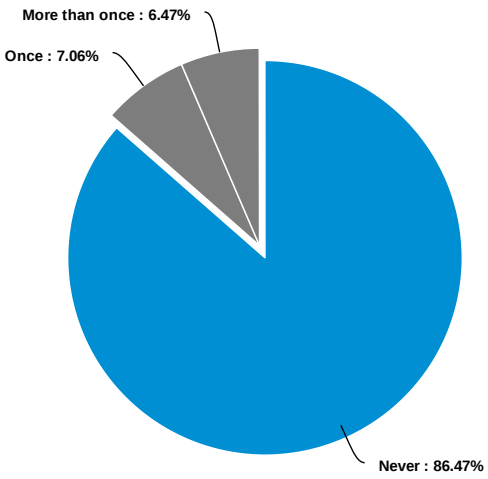
Answer	Count	Percent	20%	40%	60%	80%	100%
Never	97	53.3%					
Once	28	15.38%					
More than once	57	31.32%					
Total	**182**	**100 %**					

try to make you touch them sexually? Was it ...



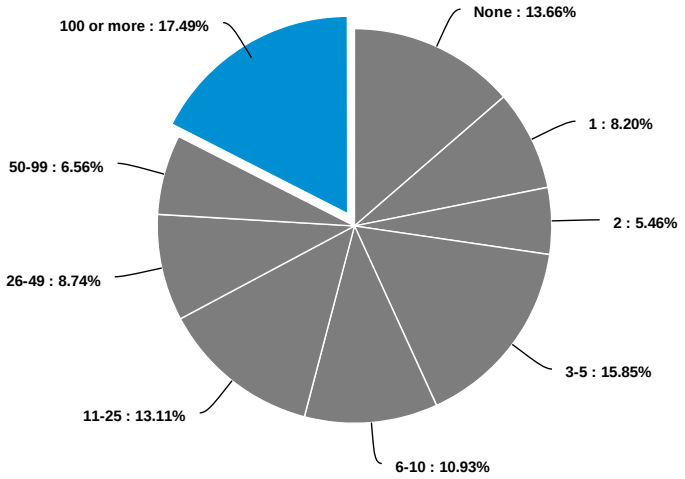
Answer	Count	Percent	20%	40%	60%	80%	100%
Never	111	64.53%					
Once	18	10.47%					
More than once	43	25%					
Total	**172**	**100 %**					

force you to have sexual intercourse? Was it ...



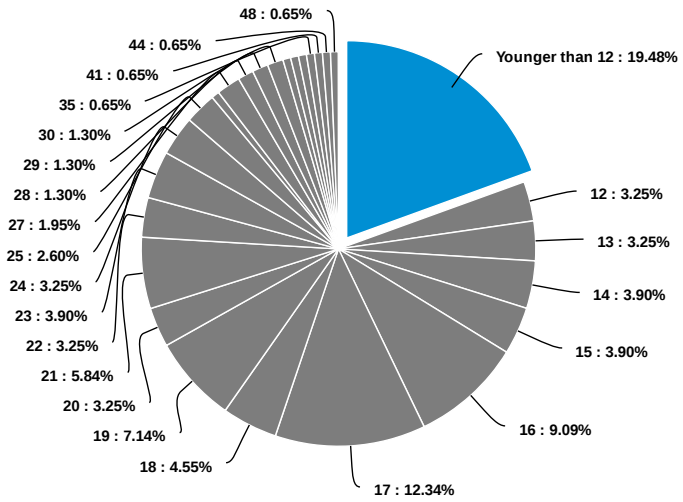
Answer	Count	Percent	20%	40%	60%	80%	100%
Never	147	86.47%					
Once	12	7.06%					
More than once	11	6.47%					
Total	**170**	**100 %**					

Lifetime Sexual Experience With how many different men have you ever had sexual contact? (By "sexual contact" we mean the intentional touching of another person's intimate body parts, such as the genitals, anus, or breasts, either directly or through clothing, with the intent to arouse or gratify sexual desire.)



Answer	Count	Percent	20%	40%	60%	80%	100%
None	25	13.66%					
1	15	8.2%					
2	10	5.46%					
3-5	29	15.85%					
6-10	20	10.93%					
11-25	24	13.11%					
26-49	16	8.74%					
50-99	12	6.56%					
100 or more	32	17.49%					
Total	**183**	**100 %**					

How old were you the first time you had sexual contact with a man? (By "sexual contact" we mean the intentional touching of another person's intimate body parts, such as the genitals, anus, or breasts, either directly or through clothing, with the intent to arouse or gratify sexual desire.)

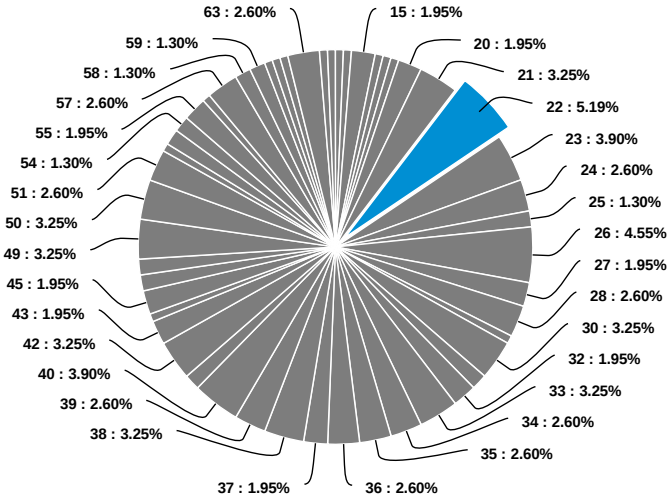


Answer	Count	Percent	20%	40%	60%	80%	100%
Younger than 12	30	19.48%					
12	5	3.25%					
13	5	3.25%					
14	6	3.9%					
15	6	3.9%					
16	14	9.09%					
17	19	12.34%					
18	7	4.55%					
19	11	7.14%					
20	5	3.25%					
21	9	5.84%					
22	5	3.25%					
23	6	3.9%					
24	5	3.25%					
25	4	2.6%					
26	1	0.65%					
27	3	1.95%					
28	2	1.3%					
29	2	1.3%					
30	2	1.3%					

31	1	0.65%
32	1	0.65%
33	1	0.65%
34	0	0%
35	1	0.65%
36	0	0%
37	0	0%
38	0	0%
39	0	0%
40	0	0%
41	1	0.65%
42	0	0%
43	0	0%
44	1	0.65%
45	0	0%
46	0	0%
47	0	0%
48	1	0.65%
49	0	0%
50	0	0%
51	0	0%
52	0	0%
53	0	0%
54	0	0%
55	0	0%
56	0	0%
57	0	0%
58	0	0%
59	0	0%
60	0	0%
61	0	0%
62	0	0%
63	0	0%
64	0	0%
65	0	0%

66	0	0%
67	0	0%
68	0	0%
69	0	0%
70-75	0	0%
76-80	0	0%
Over age 80	0	0%
Total	**154**	**100 %**

How old were you the last time you had sexual contact with a man? (By "sexual contact" we mean the intentional touching of another person's intimate body parts, such as the genitals, anus, or breasts, either directly or through clothing, with the intent to arouse or gratify sexual desire.)

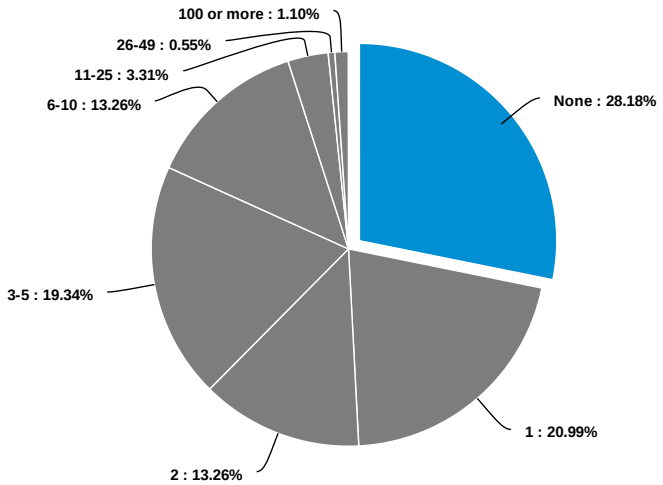


Answer	Count	Percent	20%	40%	60%	80%	100%
Younger than 12	1	0.65%					
12	1	0.65%					
13	0	0%					
14	0	0%					
15	3	1.95%					
16	1	0.65%					
17	1	0.65%					
18	1	0.65%					
19	0	0%					
20	3	1.95%					
21	5	3.25%					
22	8	5.19%					
23	6	3.9%					
24	4	2.6%					
25	2	1.3%					
26	7	4.55%					
27	3	1.95%					
28	4	2.6%					
29	1	0.65%					
30	5	3.25%					

31	2	1.3%
32	3	1.95%
33	5	3.25%
34	4	2.6%
35	4	2.6%
36	4	2.6%
37	3	1.95%
38	5	3.25%
39	4	2.6%
40	6	3.9%
41	2	1.3%
42	5	3.25%
43	3	1.95%
44	1	0.65%
45	3	1.95%
46	2	1.3%
47	0	0%
48	2	1.3%
49	5	3.25%
50	5	3.25%
51	4	2.6%
52	1	0.65%
53	2	1.3%
54	2	1.3%
55	3	1.95%
56	1	0.65%
57	4	2.6%
58	2	1.3%
59	2	1.3%
60	1	0.65%
61	1	0.65%
62	1	0.65%
63	4	2.6%

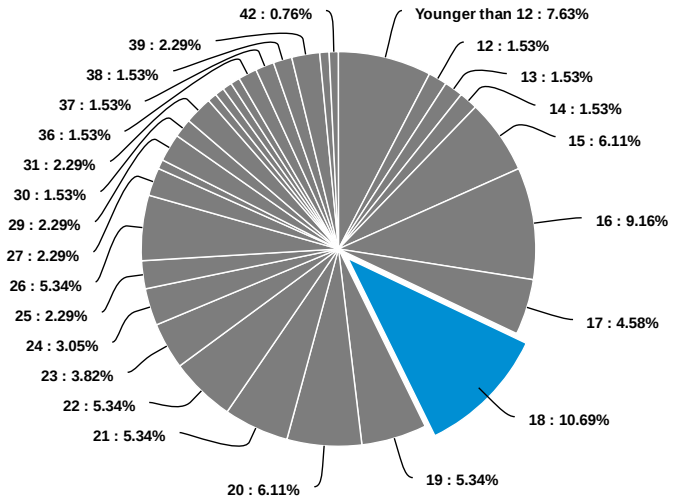
64	0	0%
65	0	0%
66	0	0%
67	0	0%
68	1	0.65%
69	0	0%
70-75	1	0.65%
76-80	0	0%
Over age 80	0	0%
Total	**154**	**100 %**

Lifetime Sexual Experience With how many different women have you ever had sexual contact? (By "sexual contact" we mean the intentional touching of another person's intimate body parts, such as the genitals, anus, or breasts, either directly or through clothing, with the intent to arouse or gratify sexual desire.)



Answer	Count	Percent	20%	40%	60%	80%	100%
None	51	28.18%					
1	38	20.99%					
2	24	13.26%					
3-5	35	19.34%					
6-10	24	13.26%					
11-25	6	3.31%					
26-49	1	0.55%					
50-99	0	0%					
100 or more	2	1.1%					
Total	**181**	**100 %**					

How old were you the first time you had sexual contact with a woman? (By "sexual contact" we mean the intentional touching of another person's intimate body parts, such as the genitals, anus, or breasts, either directly or through clothing, with the intent to arouse or gratify sexual desire.)

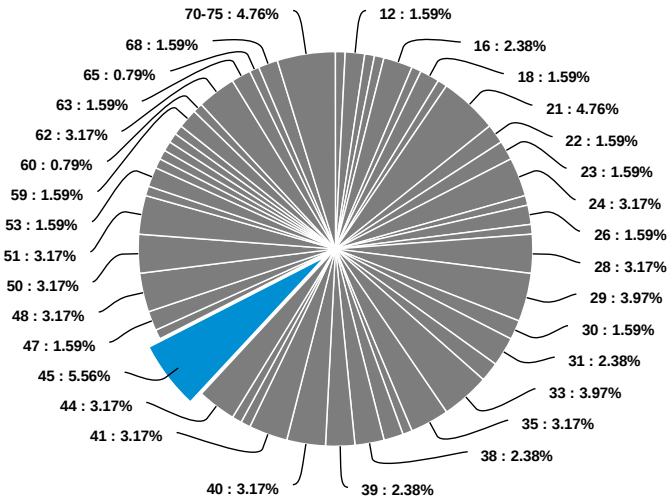


Answer	Count	Percent	20%	40%	60%	80%	100%
Younger than 12	10	7.63%					
12	2	1.53%					
13	2	1.53%					
14	2	1.53%					
15	8	6.11%					
16	12	9.16%					
17	6	4.58%					
18	14	10.69%					
19	7	5.34%					
20	8	6.11%					
21	7	5.34%					
22	7	5.34%					
23	5	3.82%					
24	4	3.05%					
25	3	2.29%					
26	7	5.34%					
27	3	2.29%					
28	1	0.76%					
29	3	2.29%					
30	2	1.53%					

31	3	2.29%
32	1	0.76%
33	1	0.76%
34	1	0.76%
35	1	0.76%
36	2	1.53%
37	2	1.53%
38	2	1.53%
39	3	2.29%
40	0	0%
41	1	0.76%
42	1	0.76%
43	0	0%
44	0	0%
45	0	0%
46	0	0%
47	0	0%
48	0	0%
49	0	0%
50	0	0%
51	0	0%
52	0	0%
53	0	0%
54	0	0%
55	0	0%
56	0	0%
57	0	0%
58	0	0%
59	0	0%
60	0	0%
61	0	0%
62	0	0%
63	0	0%
64	0	0%
65	0	0%

66	0	0%
67	0	0%
68	0	0%
69	0	0%
70-75	0	0%
76-80	0	0%
Over age 80	0	0%
Total	**131**	**100 %**

How old were you the last time you had sexual contact with a woman? (By "sexual contact" we mean the intentional touching of another person's intimate body parts, such as the genitals, anus, or breasts, either directly or through clothing, with the intent to arouse or gratify sexual desire.)

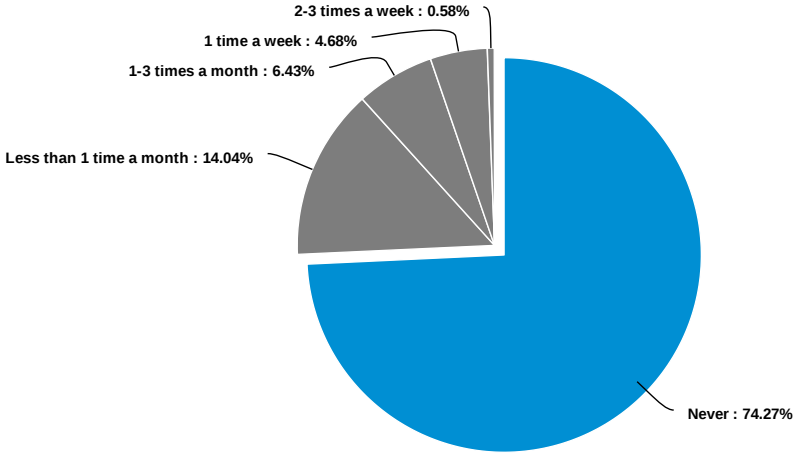


Answer	Count	Percent	20%	40%	60%	80%	100%
Younger than 12	1	0.79%					
12	2	1.59%					
13	1	0.79%					
14	0	0%					
15	1	0.79%					
16	3	2.38%					
17	1	0.79%					
18	2	1.59%					
19	0	0%					
20	1	0.79%					
21	6	4.76%					
22	2	1.59%					
23	2	1.59%					
24	4	3.17%					
25	1	0.79%					
26	2	1.59%					
27	1	0.79%					
28	4	3.17%					
29	5	3.97%					
30	2	1.59%					

31	3	2.38%
32	2	1.59%
33	5	3.97%
34	0	0%
35	4	3.17%
36	1	0.79%
37	2	1.59%
38	3	2.38%
39	3	2.38%
40	4	3.17%
41	4	3.17%
42	1	0.79%
43	1	0.79%
44	4	3.17%
45	7	5.56%
46	1	0.79%
47	2	1.59%
48	4	3.17%
49	0	0%
50	4	3.17%
51	4	3.17%
52	1	0.79%
53	2	1.59%
54	1	0.79%
55	1	0.79%
56	1	0.79%
57	1	0.79%
58	1	0.79%
59	2	1.59%
60	1	0.79%
61	0	0%
62	4	3.17%
63	2	1.59%

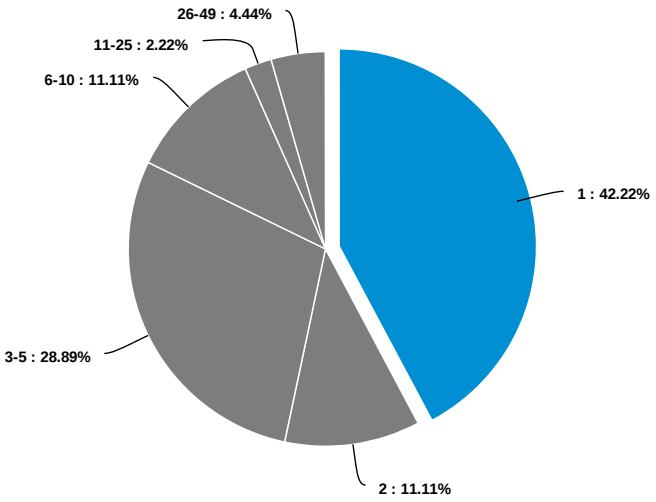
64	0	0%
65	1	0.79%
66	0	0%
67	0	0%
68	2	1.59%
69	0	0%
70-75	6	4.76%
76-80	0	0%
Over age 80	0	0%
Total	**126**	**100 %**

Current Sexual Experience During the past year, on average, how often did you have sexual contact with a man? (By "sexual contact" we mean the intentional touching of another person's intimate body parts, such as the genitals, anus, or breasts, either directly or through clothing, with the intent to arouse or gratify sexual desire.)



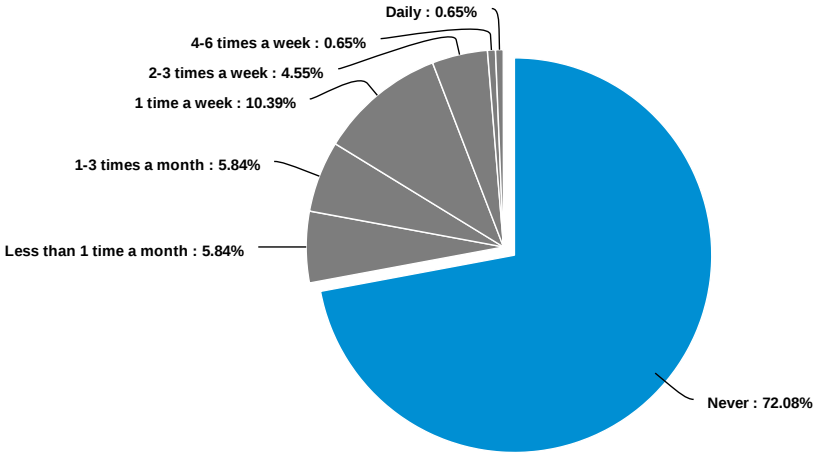
Answer	Count	Percent	20%	40%	60%	80%	100%
Never	127	74.27%					
Less than 1 time a month	24	14.04%					
1-3 times a month	11	6.43%					
1 time a week	8	4.68%					
2-3 times a week	1	0.58%					
4-6 times a week	0	0%					
Daily	0	0%					
Total	**171**	**100 %**					

During the past year, with how many different men did you have sexual contact? (By "sexual contact" we mean the intentional touching of another person's intimate body parts, such as the genitals, anus, or breasts, either directly or through clothing, with the intent to arouse or gratify sexual desire.)



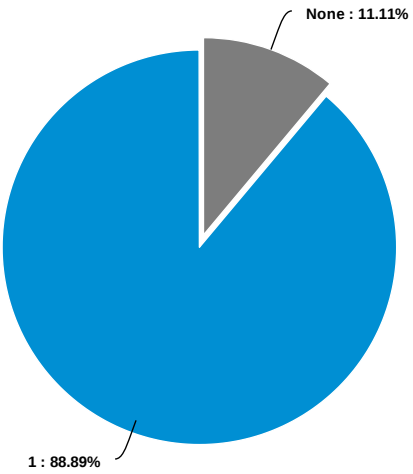
Answer	Count	Percent	20%	40%	60%	80%	100%
None	0	0%					
1	19	42.22%					
2	5	11.11%					
3-5	13	28.89%					
6-10	5	11.11%					
11-25	1	2.22%					
26-49	2	4.44%					
50-99	0	0%					
100 or more	0	0%					
Total	**45**	**100 %**					

Current Sexual Experience During the past year, how often did you have sexual contact with a woman? (By "sexual contact" we mean the intentional touching of another person's intimate body parts, such as the genitals, anus, or breasts, either directly or through clothing, with the intent to arouse or gratify sexual desire.)



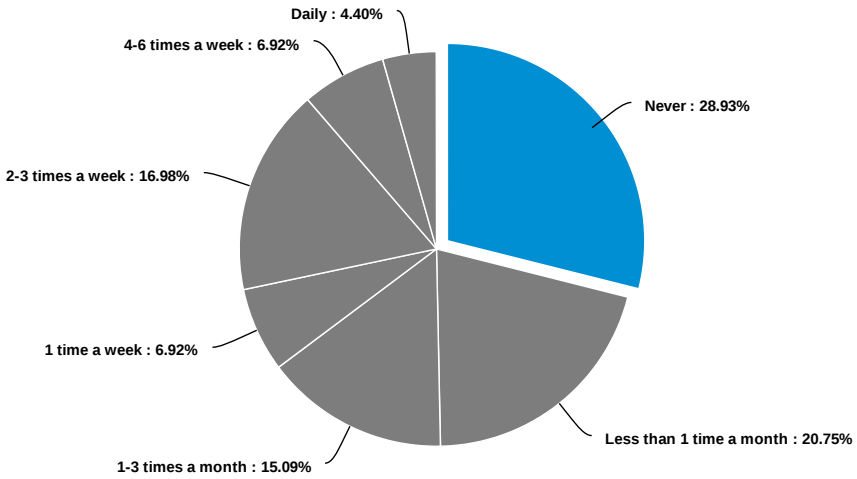
Answer	Count	Percent	20%	40%	60%	80%	100%
Never	111	72.08%					
Less than 1 time a month	9	5.84%					
1-3 times a month	9	5.84%					
1 time a week	16	10.39%					
2-3 times a week	7	4.55%					
4-6 times a week	1	0.65%					
Daily	1	0.65%					
Total	**154**	**100 %**					

During the past year, with how many different women did you have sexual contact? (By "sexual contact" we mean the intentional touching of another person's intimate body parts, such as the genitals, anus, or breasts, either directly or through clothing, with the intent to arouse or gratify sexual desire.)



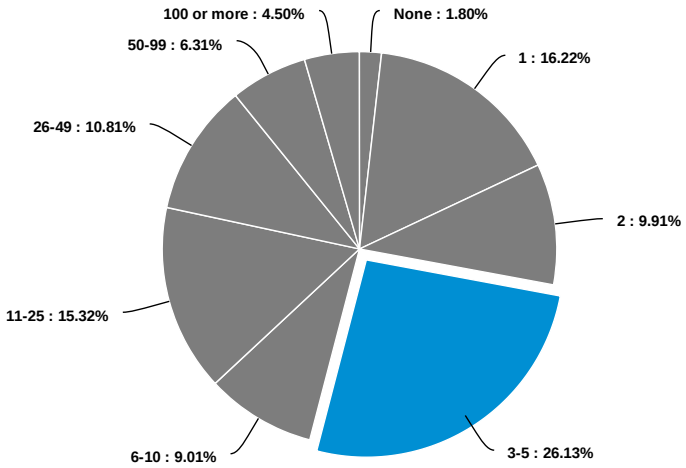
Answer	Count	Percent	20%	40%	60%	80%	100%
None	5	11.11%					
1	40	88.89%					
2	0	0%					
3-5	0	0%					
6-10	0	0%					
11-25	0	0%					
26-49	0	0%					
50-99	0	0%					
100 or more	0	0%					
Total	**45**	**100 %**					

During your period(s) of greatest same-sex sexual activity, how often did you have sexual contact with a man: (By "sexual contact" we mean the intentional touching of another person's intimate body parts, such as the genitals, anus, or breasts, either directly or through clothing, with the intent to arouse or gratify sexual desire.)



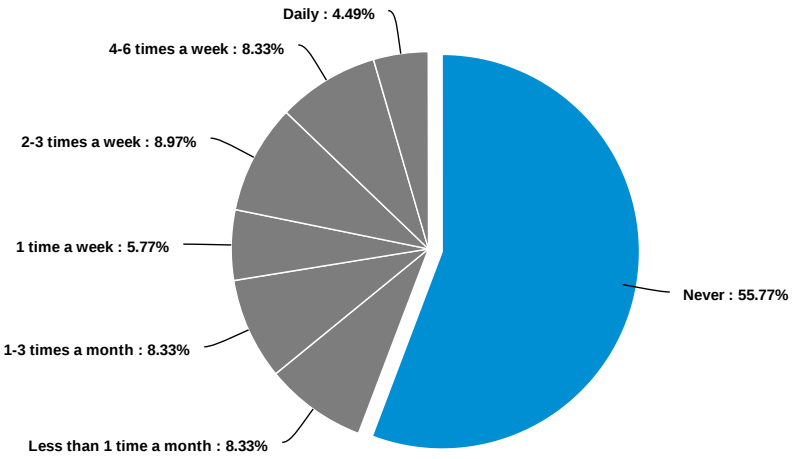
Answer	Count	Percent	20%	40%	60%	80%	100%
Never	46	28.93%					
Less than 1 time a month	33	20.75%					
1-3 times a month	24	15.09%					
1 time a week	11	6.92%					
2-3 times a week	27	16.98%					
4-6 times a week	11	6.92%					
Daily	7	4.4%					
Total	**159**	**100 %**					

During your period(s) of greatest same-sex sexual activity, on average, with how many different men did you have sexual contact in a year: (By "sexual contact" we mean the intentional touching of another person's intimate body parts, such as the genitals, anus, or breasts, either directly or through clothing, with the intent to arouse or gratify sexual desire.)



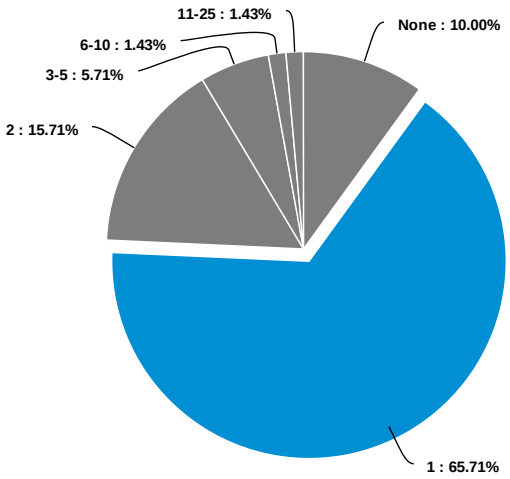
Answer	Count	Percent	20%	40%	60%	80%	100%
None	2	1.8%					
1	18	16.22%					
2	11	9.91%					
3-5	29	26.13%					
6-10	10	9.01%					
11-25	17	15.32%					
26-49	12	10.81%					
50-99	7	6.31%					
100 or more	5	4.5%					
Total	**111**	**100 %**					

During the period(s) of greatest same-sex sexual activity, how often did you have sexual contact with a woman: (By "sexual contact" we mean the intentional touching of another person's intimate body parts, such as the genitals, anus, or breasts, either directly or through clothing, with the intent to arouse or gratify sexual desire.)



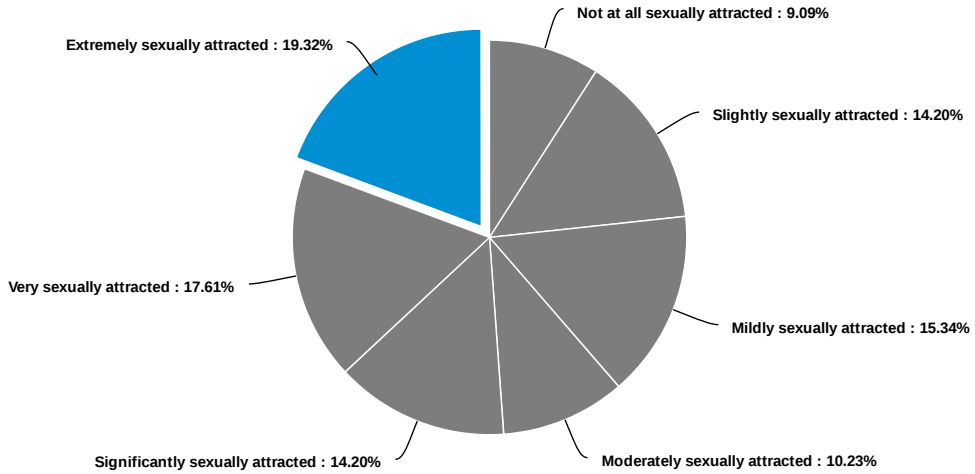
Answer	Count	Percent	20%	40%	60%	80%	100%
Never	87	55.77%					
Less than 1 time a month	13	8.33%					
1-3 times a month	13	8.33%					
1 time a week	9	5.77%					
2-3 times a week	14	8.97%					
4-6 times a week	13	8.33%					
Daily	7	4.49%					
Total	**156**	**100 %**					

During your period(s) of greatest same-sex sexual activity, on average, with how many different women did you have sexual contact in a year: (By "sexual contact" we mean the intentional touching of another person's intimate body parts, such as the genitals, anus, or breasts, either directly or through clothing, with the intent to arouse or gratify sexual desire.)



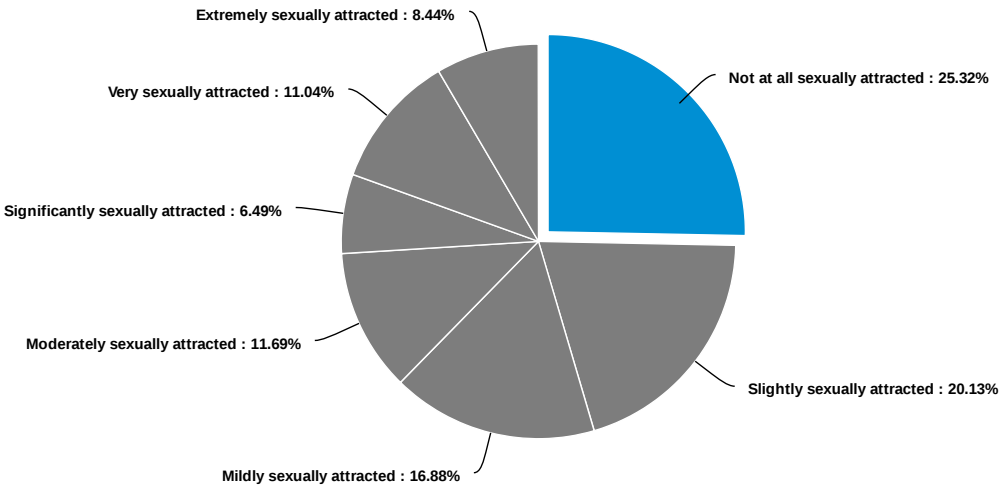
Answer	Count	Percent	20%	40%	60%	80%	100%
None	7	10%					
1	46	65.71%					
2	11	15.71%					
3-5	4	5.71%					
6-10	1	1.43%					
11-25	1	1.43%					
26-49	0	0%					
50-99	0	0%					
100 or more	0	0%					
Total	**70**	**100 %**					

In your entire life, the most you were ever sexually attracted to a woman was:



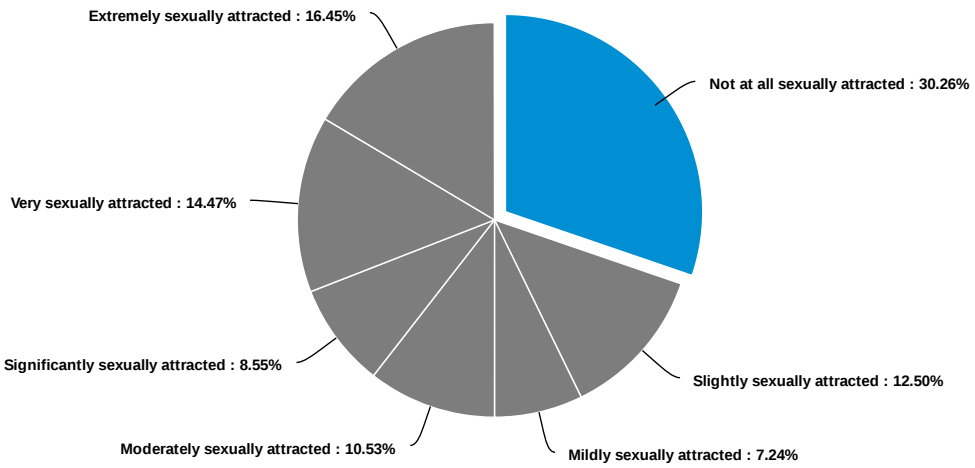
Answer	Count	Percent	20%	40%	60%	80%	100%
Not at all sexually attracted	16	9.09%					
Slightly sexually attracted	25	14.2%					
Mildly sexually attracted	27	15.34%					
Moderately sexually attracted	18	10.23%					
Significantly sexually attracted	25	14.2%					
Very sexually attracted	31	17.61%					
Extremely sexually attracted	34	19.32%					
Total	**176**	**100 %**					

During the past year, the most you were sexually attracted to a woman was:



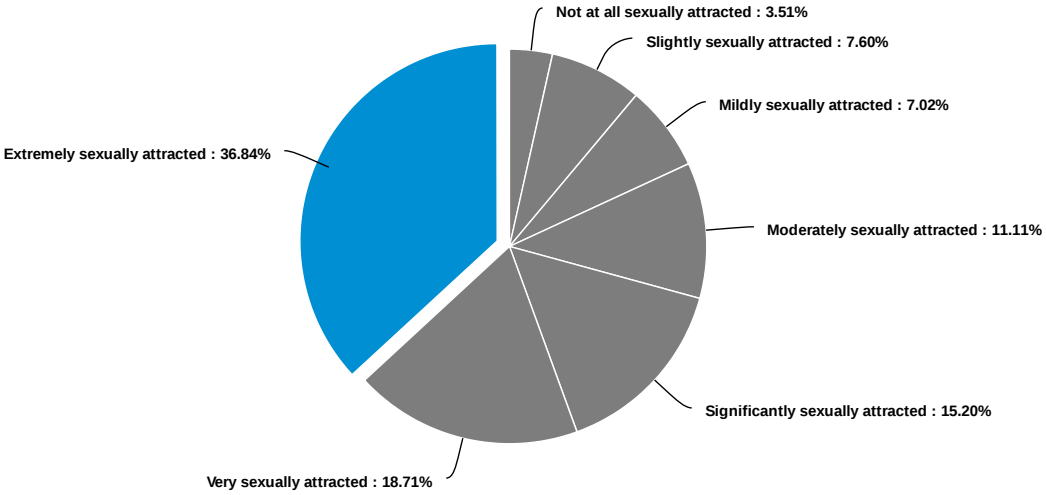
Answer	Count	Percent	20%	40%	60%	80%	100%
Not at all sexually attracted	39	25.32%					
Slightly sexually attracted	31	20.13%					
Mildly sexually attracted	26	16.88%					
Moderately sexually attracted	18	11.69%					
Significantly sexually attracted	10	6.49%					
Very sexually attracted	17	11.04%					
Extremely sexually attracted	13	8.44%					
Total	**154**	**100 %**					

During the period(s) when you experienced the greatest same-sex attraction, the most you were sexually attracted to a woman was:



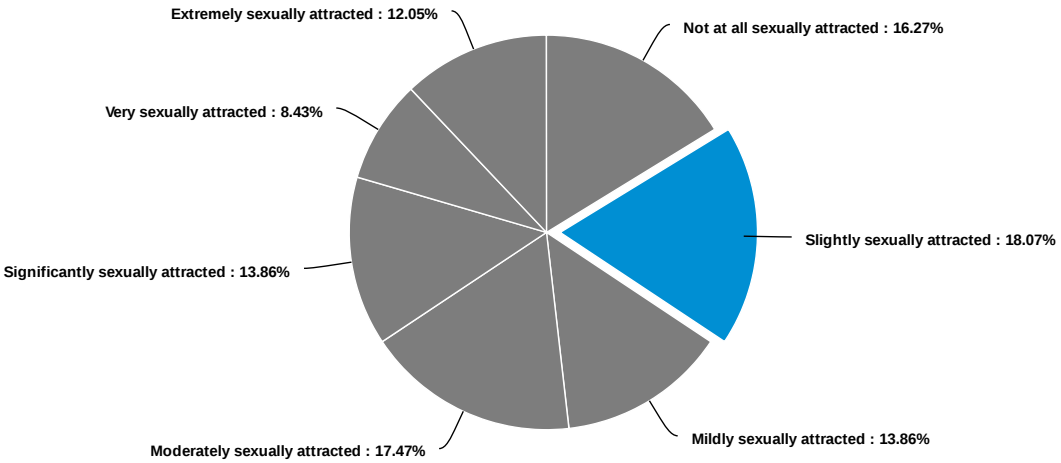
Answer	Count	Percent	20%	40%	60%	80%	100%
Not at all sexually attracted	46	30.26%					
Slightly sexually attracted	19	12.5%					
Mildly sexually attracted	11	7.24%					
Moderately sexually attracted	16	10.53%					
Significantly sexually attracted	13	8.55%					
Very sexually attracted	22	14.47%					
Extremely sexually attracted	25	16.45%					
Total	**152**	**100 %**					

In your entire life, the most you were ever sexually attracted to a man was:



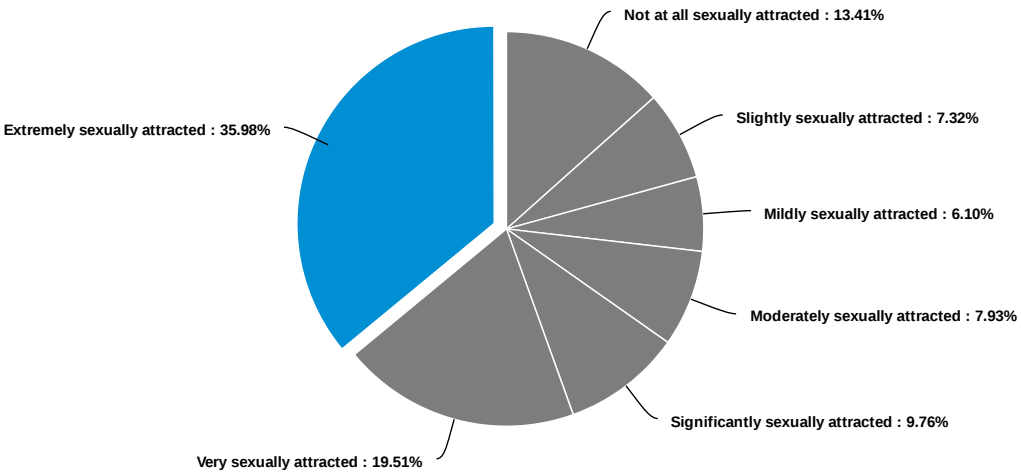
Answer	Count	Percent	20%	40%	60%	80%	100%
Not at all sexually attracted	6	3.51%					
Slightly sexually attracted	13	7.6%					
Mildly sexually attracted	12	7.02%					
Moderately sexually attracted	19	11.11%					
Significantly sexually attracted	26	15.2%					
Very sexually attracted	32	18.71%					
Extremely sexually attracted	63	36.84%					
Total	**171**	**100 %**					

During the past year, the most you were sexually attracted to a man was:



Answer	Count	Percent	20%	40%	60%	80%	100%
Not at all sexually attracted	27	16.27%					
Slightly sexually attracted	30	18.07%					
Mildly sexually attracted	23	13.86%					
Moderately sexually attracted	29	17.47%					
Significantly sexually attracted	23	13.86%					
Very sexually attracted	14	8.43%					
Extremely sexually attracted	20	12.05%					
Total	**166**	**100 %**					

During the period(s) when you experienced the greatest same-sex attraction, the most you were sexually attracted to a man was:



Answer	Count	Percent	20%	40%	60%	80%	100%
Not at all sexually attracted	22	13.41%					
Slightly sexually attracted	12	7.32%					
Mildly sexually attracted	10	6.1%					
Moderately sexually attracted	13	7.93%					
Significantly sexually attracted	16	9.76%					
Very sexually attracted	32	19.51%					
Extremely sexually attracted	59	35.98%					
Total	**164**	**100 %**					

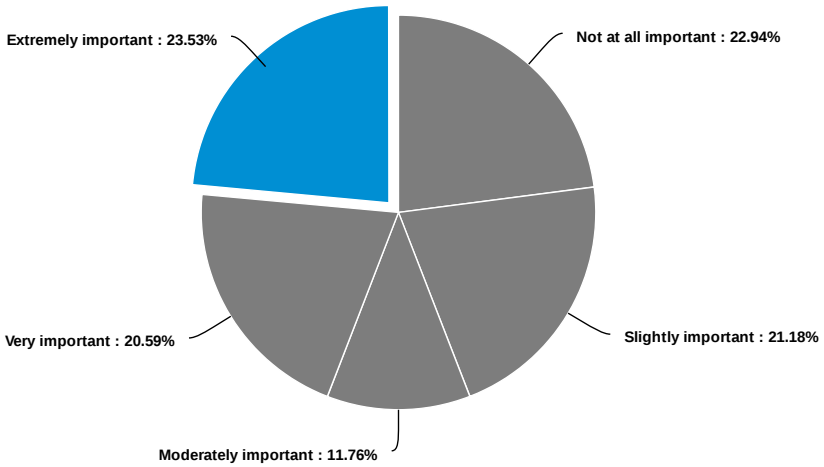
How important were each of the following for your motivation to journey away from homosexuality to/toward your current self-understanding?

Statement	Not at all important	Slightly important	Moderately important	Very important	Extremely important	Overall
Belief that I could only be happy if I overcame my homosexuality.	39 22.94%	36 21.18%	20 11.76%	35 20.59%	40 23.53%	170 100%
Belief that homosexuality is unnatural	14 8.24%	14 8.24%	31 18.24%	48 28.24%	63 37.06%	170 100%
Conflict between my religion (God) and homosexuality	5 2.92%	11 6.43%	9 5.26%	30 17.54%	116 67.84%	171 100%
Desire to be part of mainstream heterosexual society	61 35.88%	25 14.71%	31 18.24%	28 16.47%	25 14.71%	170 100%
Desire to be married or stay married	54 31.58%	22 12.87%	26 15.2%	16 9.36%	53 30.99%	171 100%
Desire to have my own children	61 35.88%	24 14.12%	22 12.94%	19 11.18%	44 25.88%	170 100%
Belief that the gay lifestyle is not emotionally satisfying	18 10.65%	17 10.06%	22 13.02%	45 26.63%	67 39.64%	169 100%
My homosexual relationships were emotionally painful	41 24.12%	24 14.12%	30 17.65%	38 22.35%	37 21.76%	170 100%
Fear of disease	73 43.2%	29 17.16%	28 16.57%	18 10.65%	21 12.43%	169 100%
Disapproval of homosexuality by my parents or siblings	73 42.94%	21 12.35%	30 17.65%	22 12.94%	24 14.12%	170 100%
Other (specify after rating)	24 35.82%	3 4.48%	6 8.96%	9 13.43%	25 37.31%	67 100%

Min Max

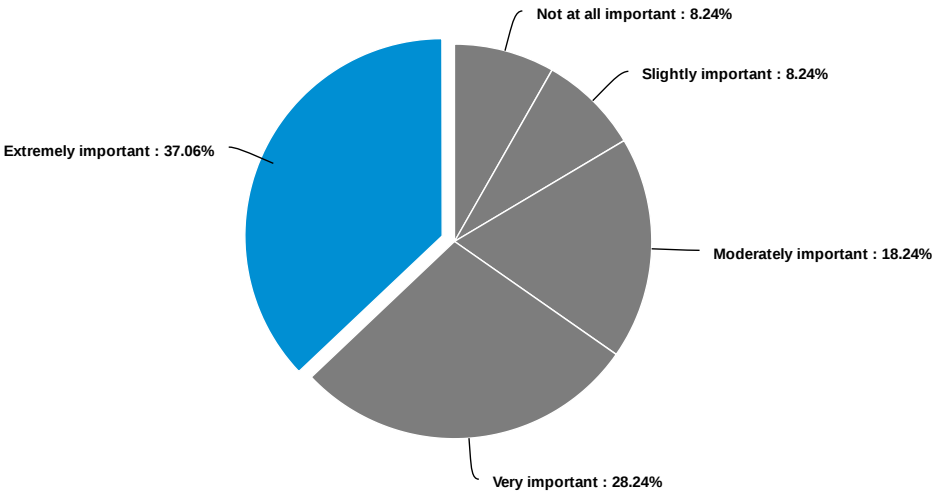
Question	Count	Score	Not at all important	Slightly important	Moderately important	Very important	Extremely important
Belief that I could only be happy if I overcame my homosexuality.	170	3.01					
Belief that homosexuality is unnatural	170	3.78					
Conflict between my religion (God) and homosexuality	171	4.41					
Desire to be part of mainstream heterosexual society	170	2.59					
Desire to be married or stay married	171	2.95					
Desire to have my own children	170	2.77					
Belief that the gay lifestyle is not emotionally satisfying	169	3.75					
My homosexual relationships were emotionally painful	170	3.04					
Fear of disease	169	2.32					
Disapproval of homosexuality by my parents or siblings	170	2.43					
Other (specify after rating)	67	3.12					
	Average	**3.11**					

Belief that I could only be happy if I overcame my homosexuality.



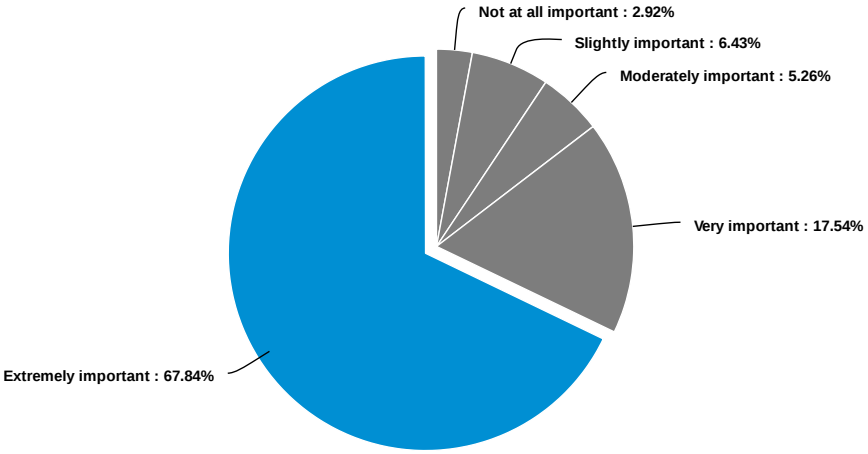
Answer	Count	Percent	20%	40%	60%	80%	100%
Not at all important	39	22.94%					
Slightly important	36	21.18%					
Moderately important	20	11.76%					
Very important	35	20.59%					
Extremely important	40	23.53%					
Total	**170**	**100 %**					

Belief that homosexuality is unnatural



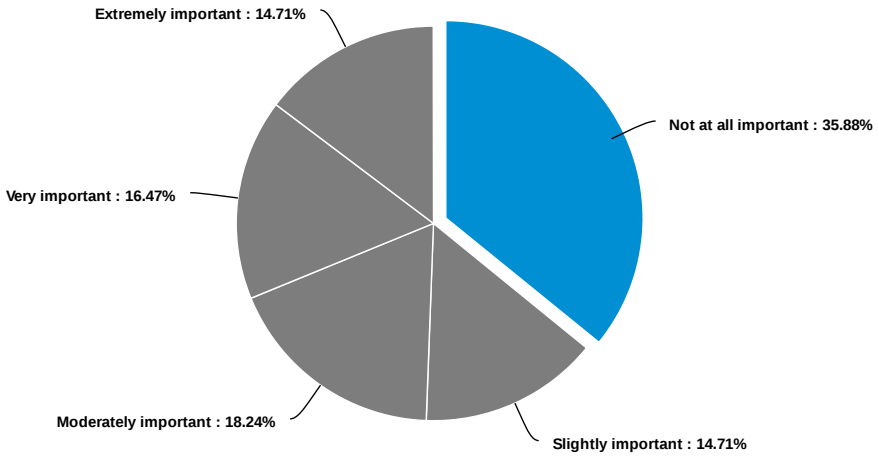
Answer	Count	Percent	20%	40%	60%	80%	100%
Not at all important	14	8.24%					
Slightly important	14	8.24%					
Moderately important	31	18.24%					
Very important	48	28.24%					
Extremely important	63	37.06%					
Total	**170**	**100 %**					

Conflict between my religion (God) and homosexuality



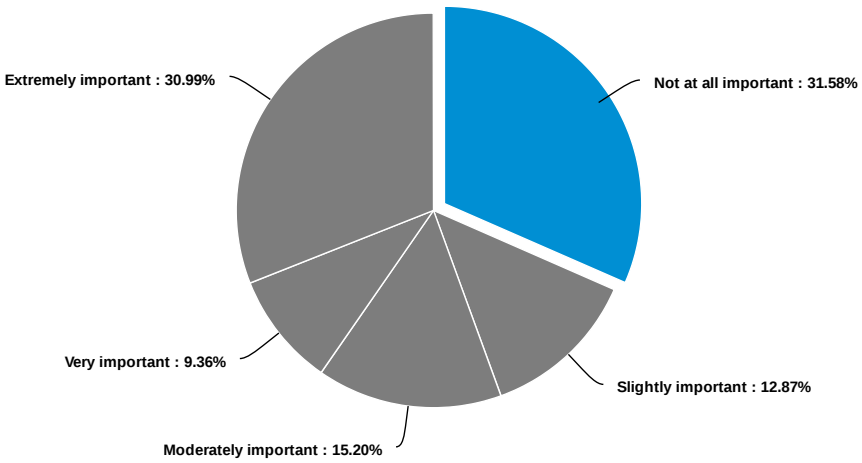
Answer	Count	Percent	20%	40%	60%	80%	100%
Not at all important	5	2.92%					
Slightly important	11	6.43%					
Moderately important	9	5.26%					
Very important	30	17.54%					
Extremely important	116	67.84%					
Total	**171**	**100 %**					

Desire to be part of mainstream heterosexual society



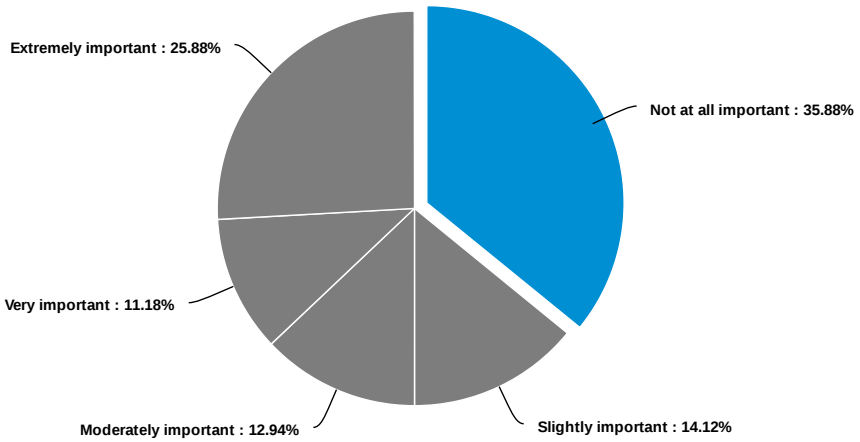
Answer	Count	Percent	20%	40%	60%	80%	100%
Not at all important	61	35.88%					
Slightly important	25	14.71%					
Moderately important	31	18.24%					
Very important	28	16.47%					
Extremely important	25	14.71%					
Total	**170**	**100 %**					

Desire to be married or stay married



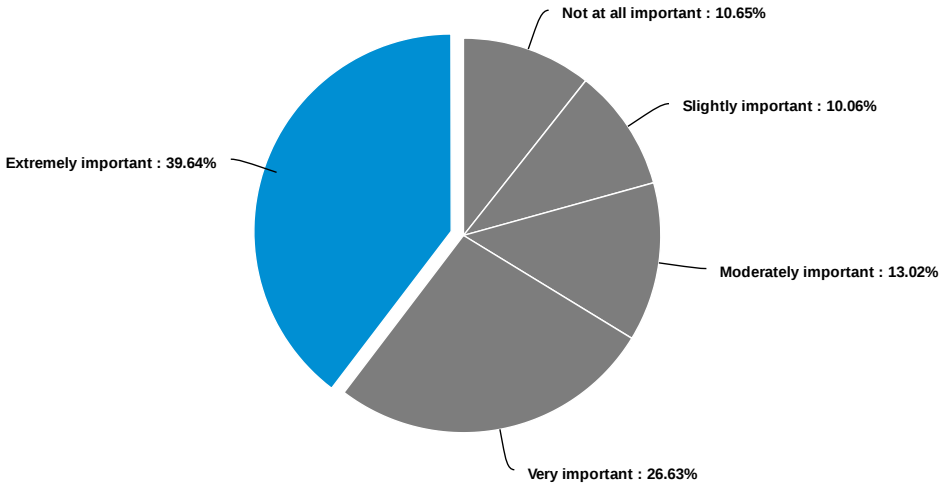
Answer	Count	Percent	20%	40%	60%	80%	100%
Not at all important	54	31.58%					
Slightly important	22	12.87%					
Moderately important	26	15.2%					
Very important	16	9.36%					
Extremely important	53	30.99%					
Total	**171**	**100 %**					

Desire to have my own children



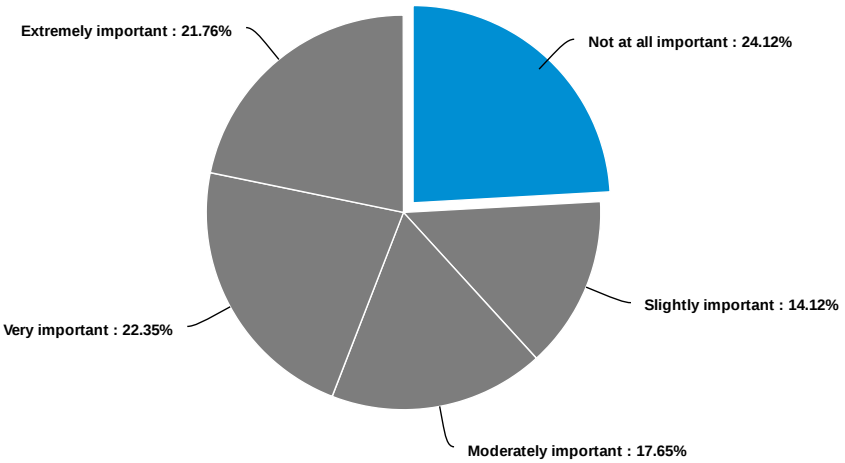
Answer	Count	Percent	20%	40%	60%	80%	100%
Not at all important	61	35.88%					
Slightly important	24	14.12%					
Moderately important	22	12.94%					
Very important	19	11.18%					
Extremely important	44	25.88%					
Total	**170**	**100 %**					

Belief that the gay lifestyle is not emotionally satisfying



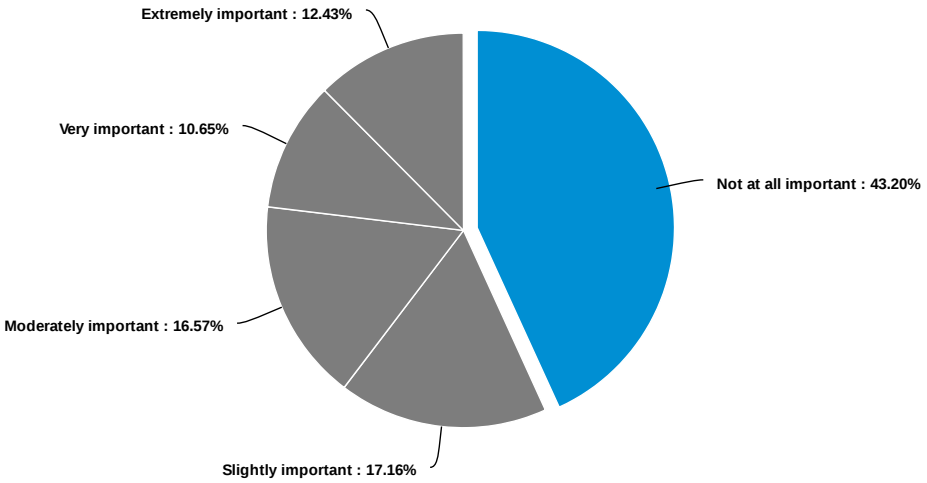
Answer	Count	Percent	20%	40%	60%	80%	100%
Not at all important	18	10.65%					
Slightly important	17	10.06%					
Moderately important	22	13.02%					
Very important	45	26.63%					
Extremely important	67	39.64%					
Total	**169**	**100 %**					

My homosexual relationships were emotionally painful



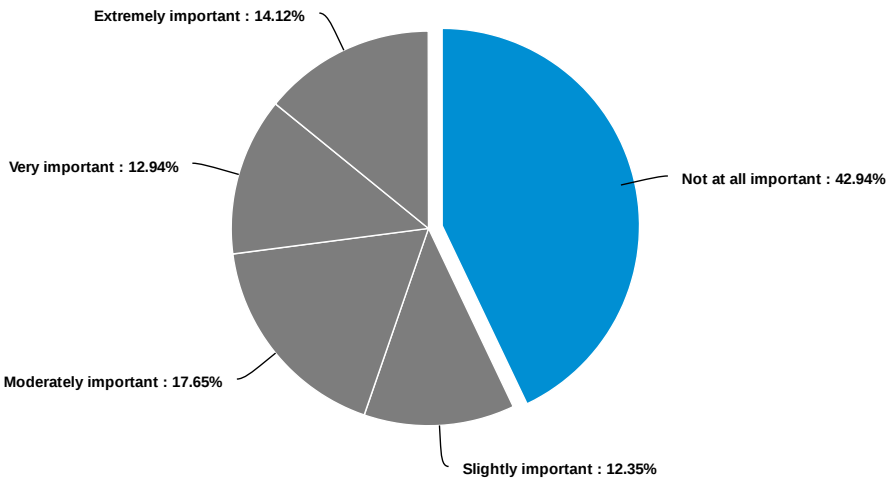
Answer	Count	Percent	20%	40%	60%	80%	100%
Not at all important	41	24.12%					
Slightly important	24	14.12%					
Moderately important	30	17.65%					
Very important	38	22.35%					
Extremely important	37	21.76%					
Total	**170**	**100 %**					

Fear of disease



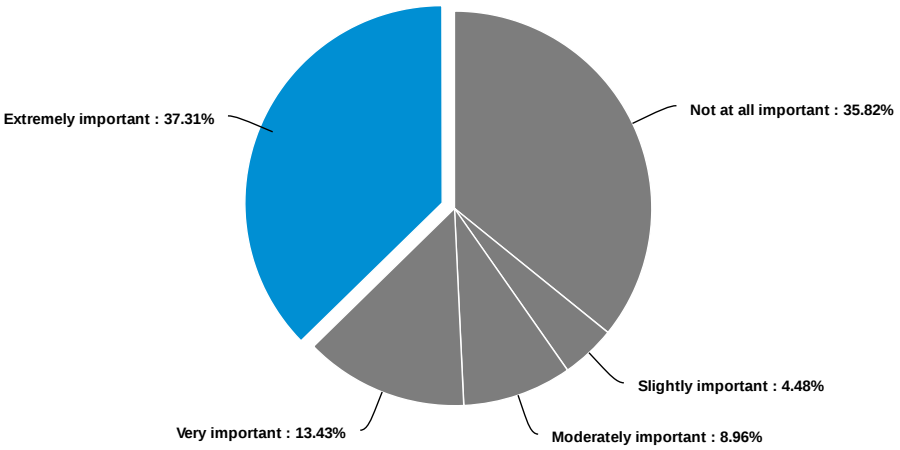
Answer	Count	Percent	20%	40%	60%	80%	100%
Not at all important	73	43.2%					
Slightly important	29	17.16%					
Moderately important	28	16.57%					
Very important	18	10.65%					
Extremely important	21	12.43%					
Total	**169**	**100 %**					

Disapproval of homosexuality by my parents or siblings



Answer	Count	Percent	20%	40%	60%	80%	100%
Not at all important	73	42.94%					
Slightly important	21	12.35%					
Moderately important	30	17.65%					
Very important	22	12.94%					
Extremely important	24	14.12%					
Total	**170**	**100 %**					

Other (specify after rating)



Answer	Count	Percent	20%	40%	60%	80%	100%
Not at all important	24	35.82%					
Slightly important	3	4.48%					
Moderately important	6	8.96%					
Very important	9	13.43%					
Extremely important	25	37.31%					
Total	**67**	**100 %**					

Other (specify after rating) - Dynamic Text / Comments

08/30/2025	35818246	[Extremely important] I am both same sex attracted & a sex addict, once I start acting out with men I can't stop. I am also a love addict. It is all fantasy that never satisfies. It is unreal. I recognized this in my 20s.
08/25/2025	35804664	[Extremely important] That unless I lived my life in accordance with God, life would only be granted here on this earth, not for eternity.
08/25/2025	35803819	[Moderately important] My age
08/24/2025	35801005	[Extremely important] Did not want to live that way,these were unwanted feelings.
08/24/2025	35800951	[Very important] Inner peace and faithful to wife
08/24/2025	35800890	[Not at all important] None
08/16/2025	35775350	[Extremely important] Desire to be right with God
08/06/2025	35748681	[Not at all important] Social ostrasizing
08/05/2025	35745996	[Not at all important] I just didn't want to be the gay kid.
08/02/2025	35736893	[Not at all important] Test
08/01/2025	35736228	[Slightly important] I never really sought approval
07/23/2025	35718524	[Extremely important] I wanted to be pleasing to the Lord
07/23/2025	35718439	[Very important] I was always hungry and never satisfied.
07/23/2025	35718419	[Not at all important] Always hungry but never satisfied.
07/23/2025	35717875	[Not at all important] Always hungry never satisfied in Homosexuality

07/14/2025	35691183	[Extremely important] I did / don't wish to be labeled with a defining term such as gay when I'm now celibate.
06/23/2025	35635456	[Very important] The desire to live in integrity within myself. I believe in the natural order & my attractions went against that. So one has to change for me to live in integrity
06/23/2025	35633480	[Extremely important] Through Golden Dawn/Rosicrucian practices, it was revealed to me in no uncertain terms that same same attraction is an illusion and that breaking free from it is part of my purification process. This is also resulted in a deepening of my relationship with Jesus Christ and a deeper understanding of the crucifixion/resurrection power.
06/17/2025	35620644	[Moderately important] Work colleagues
06/06/2025	35603467	[Extremely important] - desire to see that homosexual life was coming between me and God - desire to love God first and most (ie with all my heart/soul/mind/strength; more than the nakedness of men)
06/05/2025	35597373	[Extremely important] Belief that the root of my homosexuality was causing a lot of other problems and it needed to be dealt with. Also that same root was causing financial problems due to the tendency to dissociate in the work place.
06/04/2025	35596802	[Extremely important] I was over pursuing love with a woman and wanted to return to a relationship with Jesus only. I didn't think my sexual feelings could change but I wanted to leave the life I had been living
06/04/2025	35594927	[Extremely important] Desire to fulfill my full potential as a biological male
05/20/2025	35563251	[Extremely important] 1. Belief that my true self is heterosexual and I needed to overcome the wounds that led me to feel homosexual attraction when in shame. 2. Wanting to overcome fantasies of sexually abusing adolescent boys
05/15/2025	35550980	[Extremely important] When I identified as "gay," I found out a (gay identifying) friend who I really admired threw a gay sex party (with no condoms used). For some reason, it just shocked and disgusted and shook me and I said to myself "I am not part of this community anymore....I want to start dating girls again." That was three years ago and I have not gone back. I just realized that after 18 1/2 years of trying, I was not going to find the type of relationship I wanted (loving, monogamous) by dating males.
05/07/2025	35536227	[Not at all important] N/A
05/07/2025	35534972	[Not at all important] A am happy now with my new life with Christ and my journey as a son of God. My old life has no important for me. But to encourage the person who is struggling there identify that there is hope in the Lord
05/07/2025	35534963	[Extremely important] Life was very empty swinging from the high of one sexual encounter after another. but with emptiness in between
04/28/2025	35504849	[Extremely important] Didn't want to bring shame to my family (they don't know my past until this day)
04/28/2025	35504686	[Not at all important] Can't think about
04/20/2025	35468040	[Extremely important] My original hope was just to be whole enough to be celebate...
04/03/2025	35327988	[Extremely important] Fear of hell for unrepentant homosexual sinners.
03/24/2025	35305050	[Extremely important] The belief that God had a better design than LGBTQ was helpful for me. But even more important than that was a belief that following God's path and design, regardless of whether or not I experienced change in my sexuality, was of most value to me. It was the belief that God was worthy of my life, and the value that I placed on my relationship with God, that actually motivated me toward change and abstinence.
03/21/2025	35298629	[Very important] Be right with God
03/17/2025	35288693	[Extremely important] To be who God had created me to be, living in that freedom. A massive desire to follow what He had for my life.
03/16/2025	35286004	[Extremely important] Desire for opposite sex romance
03/16/2025	35285989	[Extremely important] Desire for romance with a woman
03/14/2025	35283648	[Not at all important] Not sure how to answer "My homosexual relationships were emotionally painful". - depends on if that includes "distance relationships" - it's one extreme or the other. Although attracted, my religious beliefs meant I never had any same sex relationships, or ever attempted. So in a sense actual physical relationships - the answer is "not applicable". However the emotional "distant" relationships with the massive highs of being attracted followed by the extended crushing lows of not being able to have the relationship were a huge factor ("Extremely important") in seeking help. Another note: wanting to be married and have kids was a colossal emotional factor, but by the time I sought help (I didn't understand the root cause for most of the time), I no longer wanted to be married and was too old for kids.
03/14/2025	35283647	[Extremely important] The Knowledge about, that Homosexaualit in my personal live, was something than a Drug or a Psychological Pain killer, for emotional topics (mental abuse) in childhood. So Sex was always like dinking to much alcohol. I Needed to much time for my Homosexual addiction that i became hard to follow the real live with real Frindships
03/13/2025	35281580	[Extremely important] a clear call to follow christ in every aspcet of my life
03/12/2025	35279895	[Slightly important] -
03/11/2025	35276963	[Very important] understanding that sexual orientation is pseudo-scientific

03/11/2025	35276732	[Very important] Be near God will
03/11/2025	35276609	[Very important] Dissapointment in SSA relationships
03/11/2025	35276414	[Moderately important] Complicated relationships with Ssa persons.
03/03/2025	35255051	[Very important] To grow in confidence in my masculinity.

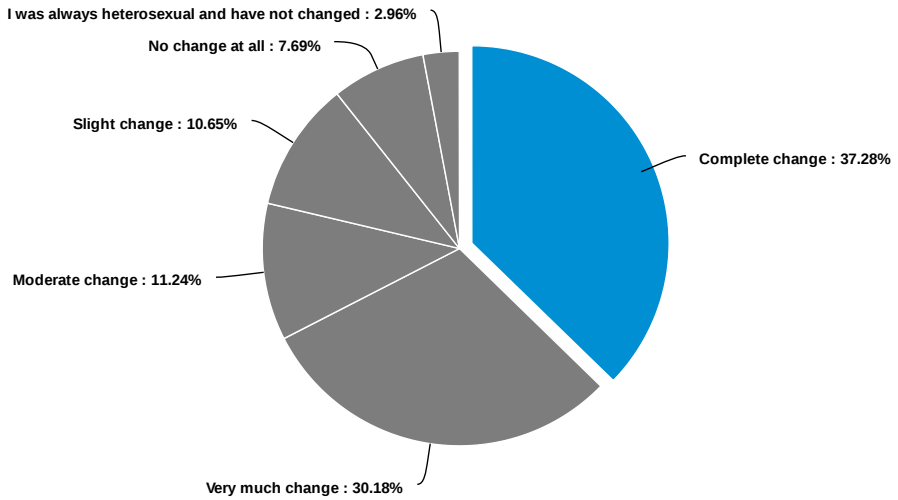
At this point in your journey, how much change from homosexual life to opposite-sex life would you honestly say you have experienced in your . . .

Statement	Complete change	Very much change	Moderate change	Slight change	No change at all	I was always heterosexual and have not changed	Overall
Sexual behavior	63 37.28%	51 30.18%	19 11.24%	18 10.65%	13 7.69%	5 2.96%	169 100%
Sexual identity	77 45.29%	40 23.53%	20 11.76%	10 5.88%	14 8.24%	9 5.29%	170 100%
Sexual attractions	35 20.59%	57 33.53%	38 22.35%	23 13.53%	16 9.41%	1 0.59%	170 100%

Min Max

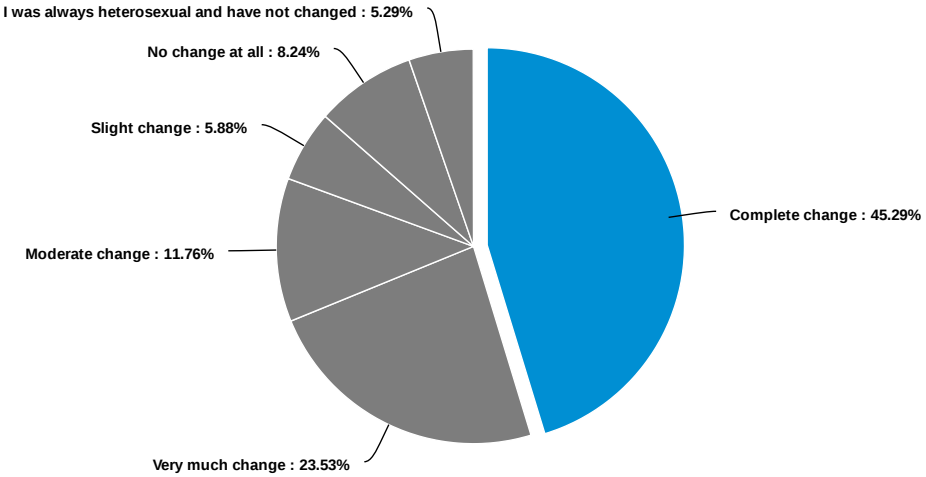
Question	Count	Score	Complete change	Very much change	Moderate change	Slight change	No change at all	I was always heterosexual and have not changed
Sexual behavior	169	2.3						
Sexual identity	170	2.24						
Sexual attractions	170	2.59						
	Average	**2.38**						

Sexual behavior



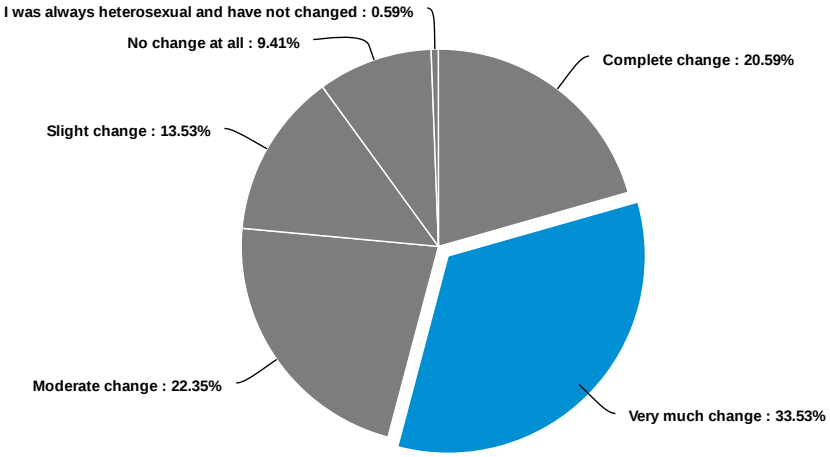
Answer	Count	Percent	20%	40%	60%	80%	100%
Complete change	63	37.28%					
Very much change	51	30.18%					
Moderate change	19	11.24%					
Slight change	18	10.65%					
No change at all	13	7.69%					
I was always heterosexual and have not changed	5	2.96%					
Total	**169**	**100 %**					

Sexual identity



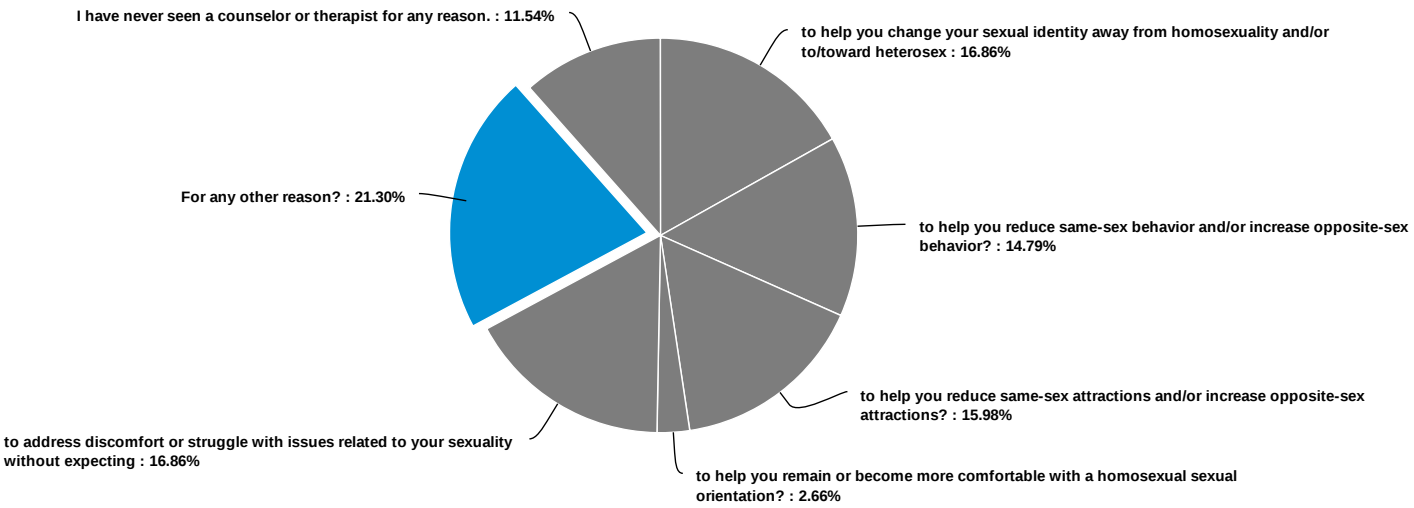
Answer	Count	Percent	20%	40%	60%	80%	100%
Complete change	77	45.29%					
Very much change	40	23.53%					
Moderate change	20	11.76%					
Slight change	10	5.88%					
No change at all	14	8.24%					
I was always heterosexual and have not changed	9	5.29%					
Total	**170**	**100 %**					

Sexual attractions



Answer	Count	Percent	20%	40%	60%	80%	100%
Complete change	35	20.59%					
Very much change	57	33.53%					
Moderate change	38	22.35%					
Slight change	23	13.53%					
No change at all	16	9.41%					
I was always heterosexual and have not changed	1	0.59%					
Total	**170**	**100 %**					

Have you ever seen a professional counselor or therapist (check all that apply) ...



Answer	Count	Percent	20%	40%	60%	80%	100%
to help you change your sexual identity away from homosexuality and/or to/toward heterosexuality?	57	16.86%					
to help you reduce same-sex behavior and/or increase opposite-sex behavior?	50	14.79%					
to help you reduce same-sex attractions and/or increase opposite-sex attractions?	54	15.98%					
to help you remain or become more comfortable with a homosexual sexual orientation?	9	2.66%					
to address discomfort or struggle with issues related to your sexuality without expecting or excluding change?	57	16.86%					
For any other reason?	72	21.3%					
I have never seen a counselor or therapist for any reason.	39	11.54%					
Total	**338**	**100 %**					

Have you ever seen a professional counselor or therapist (check all that apply) ... - Dynamic Text / Comments

08/30/2025	35818246	[For any other reason?] For anxiety & depression
08/27/2025	35812618	[For any other reason?] Generalized anxiety
08/25/2025	35803819	[For any other reason?] anxiety and depression
08/16/2025	35775452	[For any other reason?] Have a problem with extreme clutter and messiness
08/16/2025	35775350	[For any other reason?] Emotional struggles and trauma processing from PTSD and family issues.
08/15/2025	35774291	[For any other reason?] Life. Loneliness. Friendship problems and also desire better friendships, Purpose, life coaching etc
08/13/2025	35768518	[For any other reason?] Trauma.
08/05/2025	35745931	[For any other reason?] Depression and anxiety
08/05/2025	35745726	[For any other reason?] To generally reduce anxiety and passivity in interactions with others.
08/01/2025	35736228	[For any other reason?] For the death of a parent
08/01/2025	35736193	[For any other reason?] child sexual abuse

07/31/2025	35734990	[For any other reason?] Depression, anxiety and self hatred.
07/29/2025	35731376	[For any other reason?] required for my Master's Degree; addressed sexually abusive behavior by my brother and father
07/24/2025	35720758	[For any other reason?] Help dealing with Trauma, BIG T. Any help I sought was to deal with identity in Christ, knowing homosexuality was not God's will. It was never about going from gay to straight, just growth in Jesus.
07/23/2025	35718439	[For any other reason?] Drinking problems
07/23/2025	35718419	[For any other reason?] Drinking for a short time
07/23/2025	35717875	[For any other reason?] For drinking
07/23/2025	35717745	[For any other reason?] to deal with underlying, contributing factors to my SSA and transgender feelings (insecurities, addictions, distortions in thinking, developmental gaps); to increase my capacity for healthy relating; to discover and embrace my essential maleness; to become more connected to my male body through healthy physical activity; to become more assertive and take initiative in my life, rather than remaining passive; to learn to attach to and bond with a healthy male with boundaries (my therapist); to de-eroticize male friendships; to recognize the beauty of women's essential femaleness; to allow feelings for women to open and bubble up
07/22/2025	35715605	[For any other reason?] I was significantly depressed, struggling with unwanted and intrusive thoughts. I had unaddressed fears and profound grief. That was the bulk of my early counseling, which I sought because I was often despairing. Later, near my leaving the gay lifestyle, I sought counseling because I didn't know what to do with overwhelming fears of the future and fears of the new path I was taking which, at the time, meant no longer acting on my gay attractions.
07/22/2025	35714388	[For any other reason?] Healing for sexual abuse
07/21/2025	35712873	[For any other reason?] trichotillomania in college
07/21/2025	35712865	[For any other reason?] Required for my Master's degree
07/21/2025	35712818	[For any other reason?] marriage counseling
07/14/2025	35691183	[For any other reason?] I hoped for a change in orientation and sexual attraction to women. During that 24 year period, I was still addicted to casual sex with strangers. One day 8 years ago I decided I'd had enough and have remained celibate since.
07/07/2025	35671745	[For any other reason?] to quit porn
06/23/2025	35635456	[For any other reason?] For help with stopping watching porn
06/18/2025	35624965	[For any other reason?] Working on self acceptance, other issues not related to sexuality
06/17/2025	35620644	[For any other reason?] To better understand myself
06/06/2025	35603467	[For any other reason?] - to deal with life/ongoing/underlying issues of fear, guilt, judgement, shame, etc
06/04/2025	35596802	[For any other reason?] To overcome anxiety despite at the time fully accepting of my lesbian identity. But related issues were no doubt the keys to this with alcohol and drugs. The therapists was convinced my problems were internally not accepting my identity so she never explored my substance abuse
06/04/2025	35596627	[For any other reason?] I saw a professional counselor to help me deal with shame I took on when I was falsely accused of some behaviors while in ministry to those with unwanted LGBTQ issues.
06/04/2025	35595179	[For any other reason?] Mental health, trauma and sexual abuse.
06/04/2025	35594927	[For any other reason?] I went into counseling and therapy to deal with issues around anxiety, depression, occasional suicidal ideation, lack of sexual boundaries, trust issues, emotional fear ambivalent with emotional dependency, and a whole host of comorbidities. Once these were dealt with, my same-sex attraction diminished without this ever being my focus, and once it began to diminish and to lose its grip on me, I came to realise that I was not born gay, nor did I have to remain 'gay'.
05/29/2025	35579987	[For any other reason?] I have had counselling and therapy for reasons only indirectly related to sexuality, namely, to treat depression.
05/20/2025	35563251	[For any other reason?] depression and anxiety
05/16/2025	35552680	[For any other reason?] Overall wellbeing for various reasons - but not specific related to sexuality
05/15/2025	35551206	[For any other reason?] lust addiction and trauma
05/12/2025	35544263	[For any other reason?] To keep from committing suicide and deal with addiction to food and alcohol.
05/09/2025	35539326	[For any other reason?] To help me understand and overcome past memories and the power that lesbian fantasies together with past memories had on me, to help me overcome masturbation
05/08/2025	35538342	[For any other reason?] Abuse and depression

05/07/2025	35536190	[For any other reason?] Sexual Abuse
05/05/2025	35532211	[For any other reason?] Depression related to feeling like God did not want me to be in a homosexual relationship but I desperately wanted to stay in the same sex relationship I was in.
05/03/2025	35526016	[For any other reason?] To deal with some root core childhood issues which, when addressed, changed my behavior and need for male contact. The work of the Holy Spirit helped with these issues. That's why I believe counseling is so important.
04/28/2025	35504849	[For any other reason?] Depression and anxiety
04/28/2025	35504686	[For any other reason?] Life stage change
04/25/2025	35497618	[For any other reason?] To the best of my memory, years ago I sought out counseling/therapy due to heightened anxiety and obsessive compulsive behavior.
04/22/2025	35478688	[For any other reason?] To grow in holiness and also to learn to regulate my own emotions and navigate relational conflict and to "fix me"
04/20/2025	35468040	[For any other reason?] I have not formally seen a counselor over this - I probably should have! I dove into Living Waters instead. I have seen counselors for Sozo prayer to see what was under same-sex attraction when over the long haul resurfaced. (Twice)
04/16/2025	35448397	[For any other reason?] To understand my story of abuse and how my male abuser set me up to feel connected to use me physically as his sex toy Story work counseling has helped me, and a ministry called Living Waters (Desert Stream Ministries) has provided a safe place to be real and a safe place with a small group of men.
04/03/2025	35327988	[For any other reason?] Cognitive behavioural therapy for anger management issues
03/24/2025	35305525	[For any other reason?] Required as part of Masters program
03/23/2025	35301758	[For any other reason?] Drugs
03/21/2025	35299479	[For any other reason?] Becoming more secure in who I am, dealing with some depression, not “fitting in” to the world around me. Ministry I was involved in suggested counseling
03/21/2025	35299453	[For any other reason?] Many many years of suicidal episodes and food and alcohol addiction related to early childhood sexual abuse.
03/21/2025	35298580	[For any other reason?] I saw a therapist as a teenager and early twenties for mental health regarding anxiety and depression.
03/14/2025	35283648	[For any other reason?] Was addicted to alcohol and self harming. Also for depression.
03/14/2025	35283647	[For any other reason?] to help my understand the Issues in my Childhood, to be able to feel again my own Body, to help my clarify what I like to chose for my live independent if i can change my sexual feelings or not and independent from how i like to live my religious relation to good or not
03/12/2025	35279992	[For any other reason?] How to follow Christ and say no to unwanted same sex attractions
03/11/2025	35277831	[For any other reason?] former diagnosis of bipolar and psychotic depression
03/11/2025	35277794	[For any other reason?] Childhood trauma, sexual abuse, bulimia and self harm
03/11/2025	35277783	[For any other reason?] Childhood trauma
03/11/2025	35277687	[For any other reason?] Burnt out/depressed
03/11/2025	35277277	[For any other reason?] Sexual Abuse and childhood trauma.
03/11/2025	35276848	[For any other reason?] dependency
03/11/2025	35276609	[For any other reason?] Anorexia and depression
03/11/2025	35276386	[For any other reason?] Marriage, Education as Psychotherapist
03/05/2025	35259534	[For any other reason?] Supervision. I am now a therapist.
03/03/2025	35255223	[For any other reason?] I have gone to counselors to help me with general life issues, such as dealing with depression; with challenges at work; difficulties with problems associated with an ADHD diagnosis--much the same sort of issues the general populous might undergo therapy for. Curiously, at least so far, you haven't talked about compulsive sexual behaviors such as pornography use, which has been one reason I've gone to therapists.
03/03/2025	35255117	[For any other reason?] Depression, anxiety, suicidality
02/24/2025	35228118	[For any other reason?] Around the time of the birth of our son (1993) I needed to address family issues having to do with incest and ritual abuse that were splitting the family. I was having nightmares, etc. Two sisters had come forward very discretely, and I believed them, even though I have very little memory of my childhood. After my fathers death, some of their claims, which they kept private, were verified by a therapist who had worked with my father. The family has been devastated by sexual abuse, alcoholism and drug abuse.

02/17/2025	35201291	[For any other reason?] For depression, for conflict resolution, for working through issues of sexual abuse

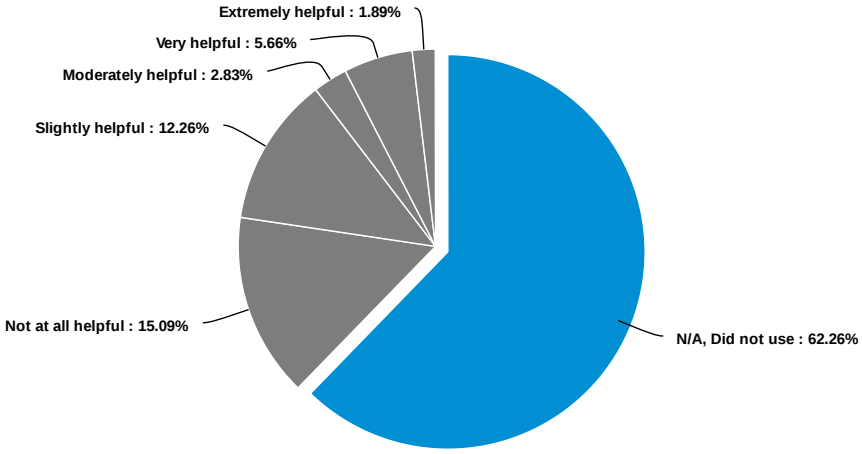
What kind of counselor or therapist did you see? Please indicate all that apply and how helpful each was to you:

Statement	N/A, Did not use	Not at all helpful	Slightly helpful	Moderately helpful	Very helpful	Extremely helpful	Overall
Psychiatrist (medical doctor)	66 62.26%	16 15.09%	13 12.26%	3 2.83%	6 5.66%	2 1.89%	106 100%
Psychologist	40 33.06%	13 10.74%	12 9.92%	9 7.44%	23 19.01%	24 19.83%	121 100%
Pastoral or religious-based counselor	16 13.11%	7 5.74%	13 10.66%	11 9.02%	36 29.51%	39 31.97%	122 100%
Social worker	89 83.18%	6 5.61%	4 3.74%	5 4.67%	2 1.87%	1 0.93%	107 100%
Mental health, marriage or family counselor	58 50.88%	8 7.02%	8 7.02%	10 8.77%	20 17.54%	10 8.77%	114 100%
Other (specify after rating)	48 63.16%	2 2.63%	1 1.32%	2 2.63%	14 18.42%	9 11.84%	76 100%

Min Max

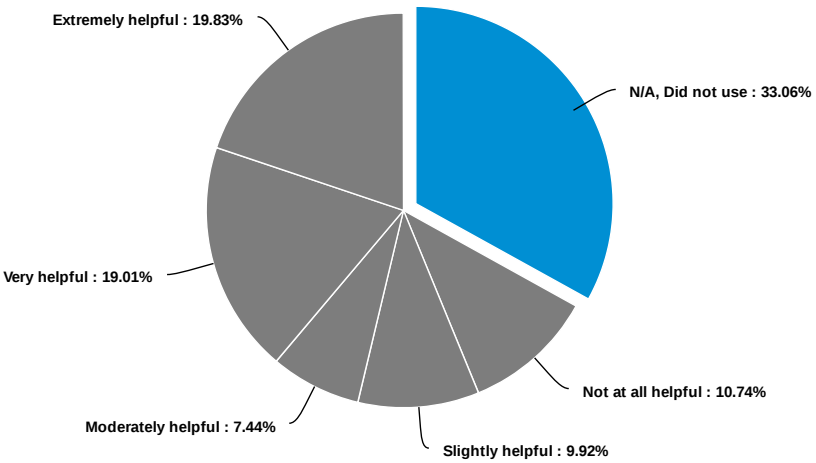
Question	Count	Score	N/A, Did not use	Not at all helpful	Slightly helpful	Moderately helpful	Very helpful	Extremely helpful
Psychiatrist (medical doctor)	106	1.8						
Psychologist	121	3.28						
Pastoral or religious-based counselor	122	4.32						
Social worker	107	1.39						
Mental health, marriage or family counselor	114	2.61						
Other (specify after rating)	76	2.46						
	Average	**2.71**						

Psychiatrist (medical doctor)



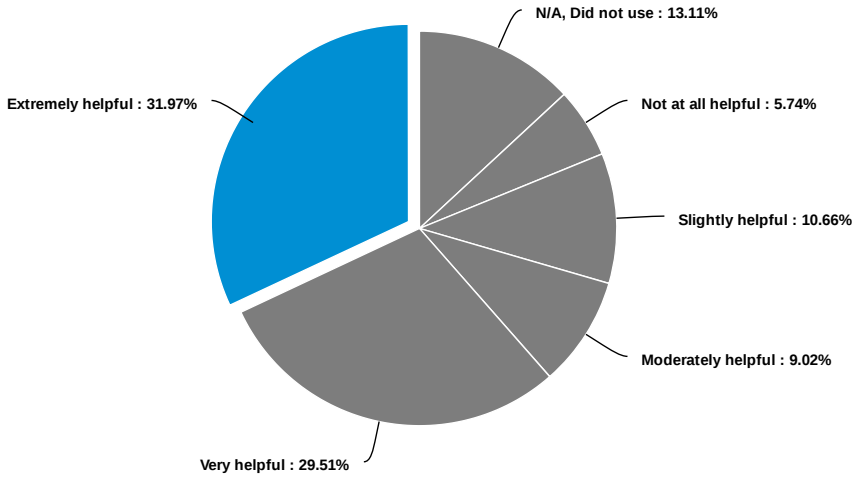
Answer	Count	Percent
N/A, Did not use	66	62.26%
Not at all helpful	16	15.09%
Slightly helpful	13	12.26%
Moderately helpful	3	2.83%
Very helpful	6	5.66%
Extremely helpful	2	1.89%
Total	**106**	**100 %**

Psychologist



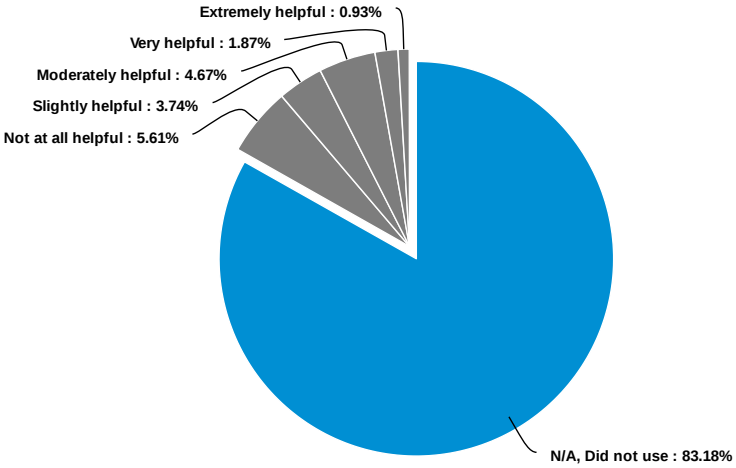
Answer	Count	Percent	20%	40%	60%	80%	100%
N/A, Did not use	40	33.06%					
Not at all helpful	13	10.74%					
Slightly helpful	12	9.92%					
Moderately helpful	9	7.44%					
Very helpful	23	19.01%					
Extremely helpful	24	19.83%					
Total	**121**	**100 %**					

Pastoral or religious-based counselor



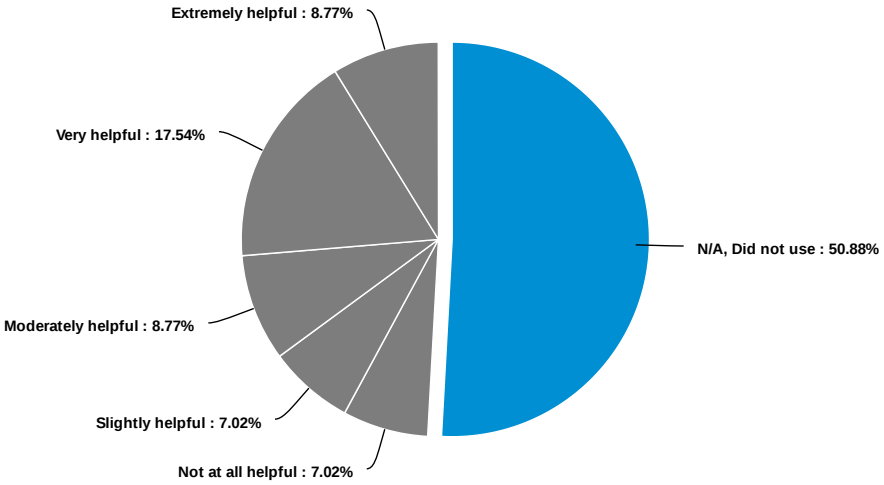
Answer	Count	Percent	20%	40%	60%	80%	100%
N/A, Did not use	16	13.11%					
Not at all helpful	7	5.74%					
Slightly helpful	13	10.66%					
Moderately helpful	11	9.02%					
Very helpful	36	29.51%					
Extremely helpful	39	31.97%					
Total	**122**	**100 %**					

Social worker



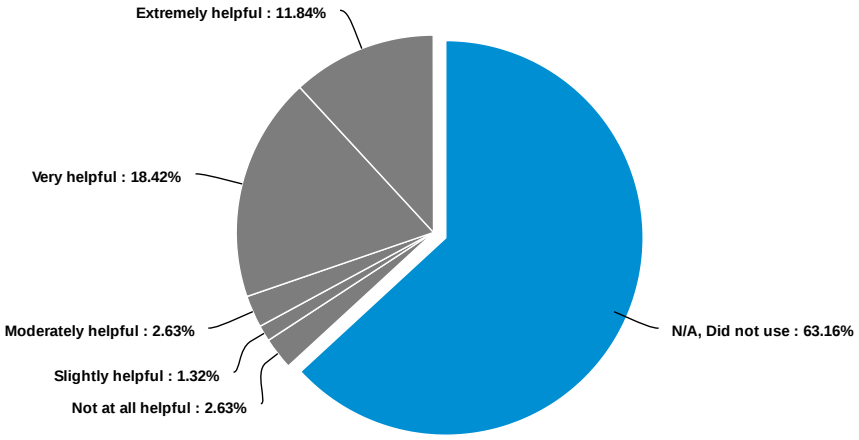
Answer	Count	Percent	20%	40%	60%	80%	100%
N/A, Did not use	89	83.18%					
Not at all helpful	6	5.61%					
Slightly helpful	4	3.74%					
Moderately helpful	5	4.67%					
Very helpful	2	1.87%					
Extremely helpful	1	0.93%					
Total	**107**	**100 %**					

Mental health, marriage or family counselor



Answer	Count	Percent	20%	40%	60%	80%	100%
N/A, Did not use	58	50.88%					
Not at all helpful	8	7.02%					
Slightly helpful	8	7.02%					
Moderately helpful	10	8.77%					
Very helpful	20	17.54%					
Extremely helpful	10	8.77%					
Total	**114**	**100 %**					

Other (specify after rating)



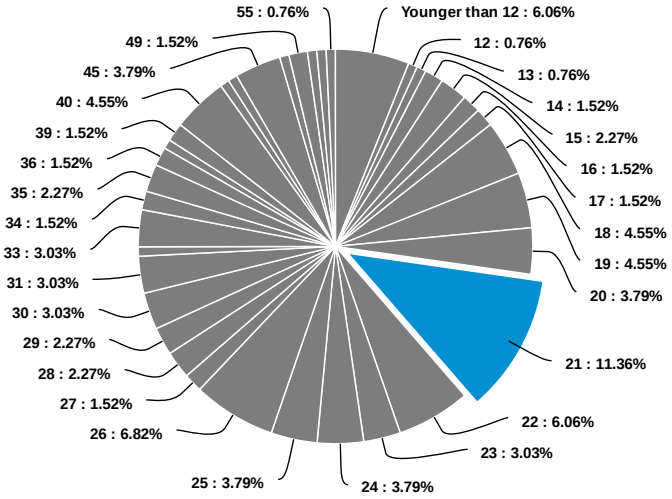
Answer	Count	Percent
N/A, Did not use	48	63.16%
Not at all helpful	2	2.63%
Slightly helpful	1	1.32%
Moderately helpful	2	2.63%
Very helpful	14	18.42%
Extremely helpful	9	11.84%
Total	**76**	**100 %**

Other (specify after rating) - Dynamic Text / Comments

08/14/2025	35773250	[Very helpful] I joined a 12-Step program for those affected by another's sex addiction (S-Anon). Having intimate conversations with my female sponsor and many female friends helped me realize I belong. I am sometimes attracted to my sponsor, but I have peace that those feelings come and go and it doesn't mean I'm a lesbian. I finally accept myself and don't need to turn to other women to try to win their approval and validate my worth.
08/05/2025	35745263	[Extremely helpful] Inner healing prayer minister (religious based)
08/02/2025	35736893	[Very helpful] Test
08/01/2025	35736193	[Very helpful] MA level counseling
07/27/2025	35725366	[Not at all helpful] Pro gay books and literature
07/24/2025	35720758	[Not at all helpful] First Pastor I went to told me there was nothing he could do for me, that he couldn't help me. My marriage was failing and I really wanted to overcome the issues I was dealing with. He helped me determine that divorce was the only answer.
07/22/2025	35714388	[Extremely helpful] Small group religious support through discipleship healing program living Waters
07/14/2025	35691183	[Moderately helpful] I did the Living Waters course twice in the 90's, and saw a Christian counsellor who specialised in same sex attraction and sexual abuse issues. There was no seismic shift, but I learned a lot.
07/07/2025	35671745	[Very helpful] Coach - he work mostly involves emotional regulation & healing relationship wounds
06/23/2025	35635456	[Very helpful] Emotions-based counsellor who specialises in working through sexual issues
06/17/2025	35620644	[Extremely helpful] Living Waters
06/06/2025	35603467	[Very helpful] - Prayer (ie spiritual warfare) Ministry
06/06/2025	35600654	[Moderately helpful] Pastor or trusted religious leader

05/20/2025	35563251	[Very helpful] Men's organizations and experiential work, like the Mankind Project and Living From The Heart.
05/16/2025	35552680	[Very helpful] Life Coach
05/15/2025	35551206	[Very helpful] CSAT
05/15/2025	35550980	[Extremely helpful] I did "bibliotherapy" on my own as well. I read "Reparative Therapy of Male Homosexuality" by Joseph Nicolosi as well as "Shame and Attachment Loss." I have also read several books by Gerard van den Aardweg (Homosexuality and Hope, The Battle for Normality). I have also read countless articles from josephnicolosi.com and watched the movie "I am Michael" and watched a short documentary about mixed orientation marriage called "Can a gay man and a straight woman have a happy marriage." I also have listened to many podcast episodes and watched countless YouTube videos about this. The bibliotherapy has been probably just as important as the counseling and after watching videos about it and reading the Reparative Therapy book, I sought out therapy.
04/20/2025	35468040	[Extremely helpful] Living Waters - community based healing class that helped me get to the deep roots
04/16/2025	35448397	[Extremely helpful] Living Waters Allendar Center
03/24/2025	35305438	[Extremely helpful] I saw a professional counselor
03/23/2025	35301758	[Extremely helpful] Church God
03/23/2025	35301444	[Very helpful] Real discipleship in the Church with biblical understanding and Holy Spirit leading the way
03/21/2025	35298629	[Very helpful] Mentor
03/17/2025	35288693	[Very helpful] Bible college ministry leaders
03/14/2025	35283648	[Extremely helpful] Also saw a counselor for deliverance ministry. That saved my life.
03/11/2025	35277277	[Very helpful] A Christian counselling team.
03/11/2025	35276609	[Very helpful] Friends
03/11/2025	35276414	[Slightly helpful] Coach

How old were you the first time you met or spoke with a counselor?

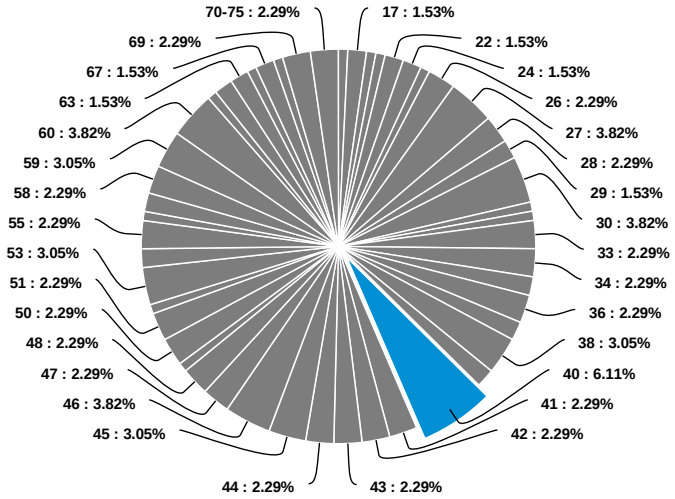


Answer	Count	Percent	20%	40%	60%	80%	100%
Younger than 12	8	6.06%					
12	1	0.76%					
13	1	0.76%					
14	2	1.52%					
15	3	2.27%					
16	2	1.52%					
17	2	1.52%					
18	6	4.55%					
19	6	4.55%					
20	5	3.79%					
21	15	11.36%					
22	8	6.06%					
23	4	3.03%					
24	5	3.79%					
25	5	3.79%					
26	9	6.82%					
27	2	1.52%					
28	3	2.27%					
29	3	2.27%					
30	4	3.03%					
31	4	3.03%					

32	1	0.76%
33	4	3.03%
34	2	1.52%
35	3	2.27%
36	2	1.52%
37	1	0.76%
38	0	0%
39	2	1.52%
40	6	4.55%
41	1	0.76%
42	1	0.76%
43	0	0%
44	0	0%
45	5	3.79%
46	1	0.76%
47	0	0%
48	0	0%
49	2	1.52%
50	0	0%
51	0	0%
52	1	0.76%
53	0	0%
54	1	0.76%
55	1	0.76%
56	0	0%
57	0	0%
58	0	0%
59	0	0%
60	0	0%
61	0	0%
62	0	0%
63	0	0%
64	0	0%
65	0	0%

66	0	0%
67	0	0%
68	0	0%
69	0	0%
70-75	0	0%
76-80	0	0%
Over age 80	0	0%
Total	**132**	**100 %**

How old were you the last time you met or spoke with a counselor?

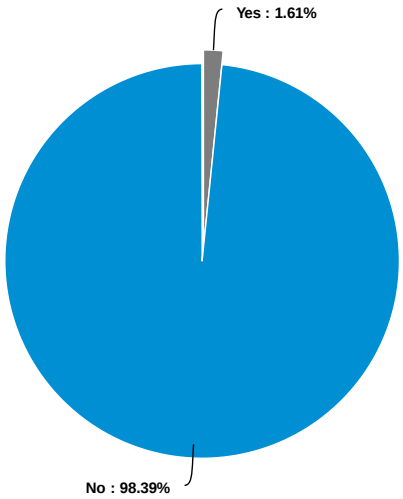


Answer	Count	Percent	20%	40%	60%	80%	100%
Younger than 12	0	0%					
12	0	0%					
13	0	0%					
14	1	0.76%					
15	0	0%					
16	0	0%					
17	2	1.53%					
18	1	0.76%					
19	0	0%					
20	0	0%					
21	1	0.76%					
22	2	1.53%					
23	0	0%					
24	2	1.53%					
25	1	0.76%					
26	3	2.29%					
27	5	3.82%					
28	3	2.29%					
29	2	1.53%					
30	5	3.82%					
31	1	0.76%					
32	1	0.76%					

33	3	2.29%
34	3	2.29%
35	2	1.53%
36	3	2.29%
37	2	1.53%
38	4	3.05%
39	2	1.53%
40	8	6.11%
41	3	2.29%
42	3	2.29%
43	3	2.29%
44	3	2.29%
45	4	3.05%
46	5	3.82%
47	3	2.29%
48	3	2.29%
49	1	0.76%
50	3	2.29%
51	3	2.29%
52	1	0.76%
53	4	3.05%
54	2	1.53%
55	3	2.29%
56	1	0.76%
57	2	1.53%
58	3	2.29%
59	4	3.05%
60	5	3.82%
61	1	0.76%
62	2	1.53%
63	2	1.53%
64	0	0%
65	0	0%

66	1	0.76%
67	2	1.53%
68	1	0.76%
69	3	2.29%
70-75	3	2.29%
76-80	0	0%
Over age 80	0	0%
Total	**131**	**100 %**

Did any of the counseling you received involve painful aversion techniques (painful electric shock, vomit-inducing drugs, beating, etc.)?

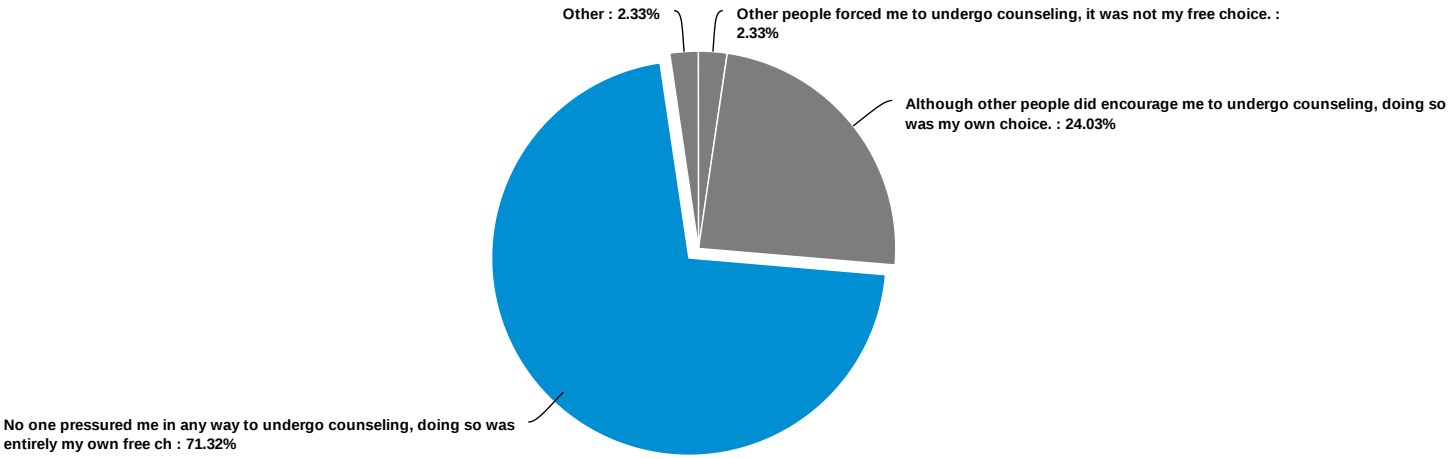


Answer	Count	Percent	20%	40%	60%	80%	100%
Yes	1	1.61%					
No	61	98.39%					
Other	0	0%					
Total	**62**	**100 %**					

Did any of the counseling you received involve painful aversion techniques (painful electric shock, vomit-inducing drugs, beating, etc.)? - Dynamic Text / Comments

03/21/2025	35298850	[Yes] The psychiatrist my mother sent me to when I was 21, and after she discovered I was in a lesbian relationship, bound my hands and feet on the hospital bed, he injected me with a substance to put me into hypnosis, then he pounded me with all kinds of questions and told me how bad I was and that I was going straight to hell.

Which of the following statements best describes your counseling experience:

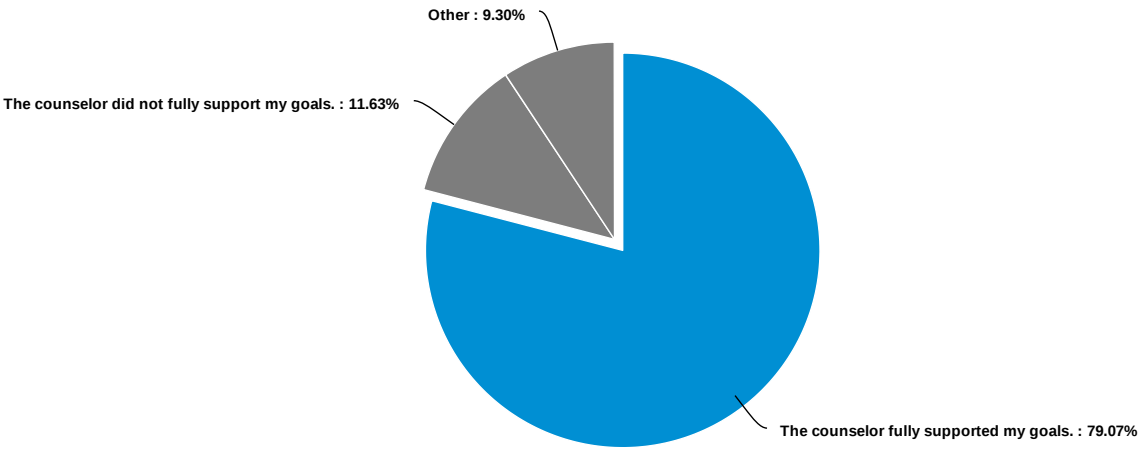


Answer	Count	Percent	20%	40%	60%	80%	100%
Other people forced me to undergo counseling, it was not my free choice.	3	2.33%					
Although other people did encourage me to undergo counseling, doing so was my own choice.	31	24.03%					
No one pressured me in any way to undergo counseling, doing so was entirely my own free choice.	92	71.32%					
Other	3	2.33%					
Total	**129**	**100 %**					

Which of the following statements best describes your counseling experience: - Dynamic Text / Comments

08/02/2025	35736893	[Other] Test
06/23/2025	35633480	[Other] I secretly checked myself in to a local Exodus International program in 8th grade. I went for six years...that is, until the end of my first year of college. More recently, I have seen a psychologist who happens to be a Christian, but whose techniques are Nicolosi based. I came to him after having my own revelations in my "prayer closet". I've seen him for a year. And side note, while my attractions have completely shifted over the last year especially, I'm married to a man whoe does not know of these changes. The most we do is he blows me once every two or three months. I currently have no motivation to leave the marriage as he has been an angel in my life and we have had a very harmoneous, unusually special relationship. He was also there when I was walking away from my seven years of meth addiction. He and his family are all catholic and are the most loving, supportive people I've ever met. Everything is very good for me mentally, emotionally and spiritually. But experiencing the INNER truth of my true heterosexual nature is what I continue to devote myself too, knowing my compromises are because I will never not be there for that man. More recently, I've had to fantasize about women in order to "perform". That's getting a bit difficult.
03/05/2025	35259534	[Other] mandatory clinical supervision, but free choice. I certainly picked this field. My therapy was also completely unrelated to the change journey and happened 20 years after, so code that how you like in the data.

Which of the following statements best describes your counseling experience:



Answer	Count	Percent	20%	40%	60%	80%	100%
The counselor fully supported my goals.	102	79.07%					
The counselor did not fully support my goals.	15	11.63%					
Other	12	9.3%					
Total	**129**	**100 %**					

Which of the following statements best describes your counseling experience: - Dynamic Text / Comments

08/04/2025	35740836	[Other] No goals. I was conflicted about homosexuality while Christian
07/07/2025	35671745	[Other] Most counselors did not support my goals at all. The two that have helped me supported me in healing, but each emphasised that they couldn't 'convert' me - it would only be possible through relational healing.
06/04/2025	35596802	[Other] The counselor was one eyed that my problem was not accepting my identity when I had at that time fully embraced it. The only other counselor I have been to was later in life to do with infertility in my marriage
05/15/2025	35551206	[Other] Some counselors supported my goals and others did not.
05/13/2025	35546638	[Other] She was neutral
03/24/2025	35305438	[Other] The counselor listened with empathy
03/23/2025	35301444	[Other] The counselor was fairly clueless and none of it directly made a difference for me.
03/21/2025	35298850	[Other] the psychiatrist wanted to force me or fix me. When I spoke with counselors and a pastor, they listened to me, showed love and kindness and the Holy Spirit showed up and revealed the root of my same-sex attractions. It is all written about in my book "When Gay Comes Home-Learning to build bridges"
03/14/2025	35283648	[Other] Mixed bag. Trying to find a Christian counsellor was difficult. Two told me that I needed to change my goals and "just accept that I'm gay". Another understood and supported my goals, but their church would have fired them. Quite a number understood and wanted to help, but were members of the Christian Counselling Association (who have gone the way of the world and won't allow such counselling) - so they would have lost their membership and their livelihood. But God led me to an amazing counsellor - who was simply awesome.
03/11/2025	35277831	[Other] I did not have goals. I was receiving counselling for sexual obsessions, bipolar and laterly drug and alcohol addiction
02/24/2025	35228118	[Other] Some counselors that shared my goals were unhelpful, some did not support my goals and were dangerous to me, others were moderately helpful and encouraging, still others were fully supportive of my goals and very helpful.

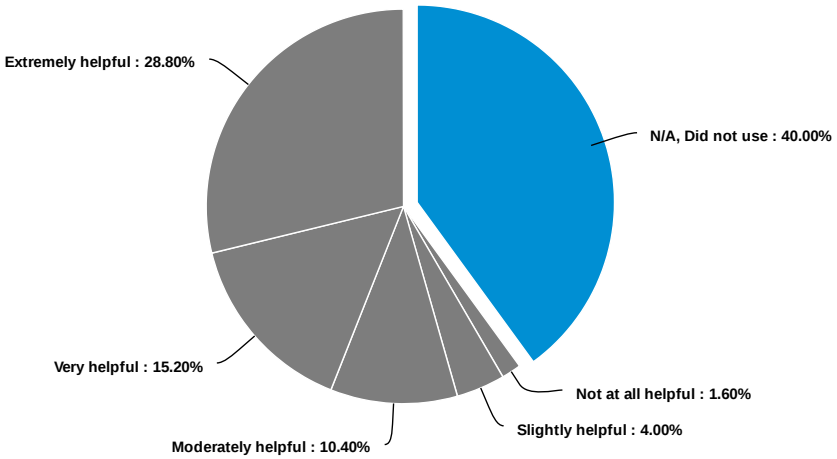
Have you ever participated in any activities other than counseling or therapy to address issues related to your sexuality? If so, please indicate any of the following that apply and how helpful each was to you. (If not, go to the next question.)

Statement	N/A, Did not use	Not at all helpful	Slightly helpful	Moderately helpful	Very helpful	Extremely helpful	Overall
Weekend or retreat experience	50 40%	2 1.6%	5 4%	13 10.4%	19 15.2%	36 28.8%	125 100%
Religious oriented support group	25 19.53%	4 3.12%	15 11.72%	14 10.94%	23 17.97%	47 36.72%	128 100%
Non-religious peer support group	79 66.39%	5 4.2%	10 8.4%	8 6.72%	9 7.56%	8 6.72%	119 100%
Gay-specific educational program	95 81.2%	6 5.13%	3 2.56%	6 5.13%	2 1.71%	5 4.27%	117 100%
Group intervention or counseling	77 63.64%	3 2.48%	7 5.79%	12 9.92%	9 7.44%	13 10.74%	121 100%
A mentoring relationship	43 34.68%	2 1.61%	8 6.45%	9 7.26%	23 18.55%	39 31.45%	124 100%
Intense individual study	34 27.87%	0 0%	10 8.2%	18 14.75%	34 27.87%	26 21.31%	122 100%
Other (specify after rating)	55 77.46%	0 0%	1 1.41%	1 1.41%	6 8.45%	8 11.27%	71 100%

Min Max

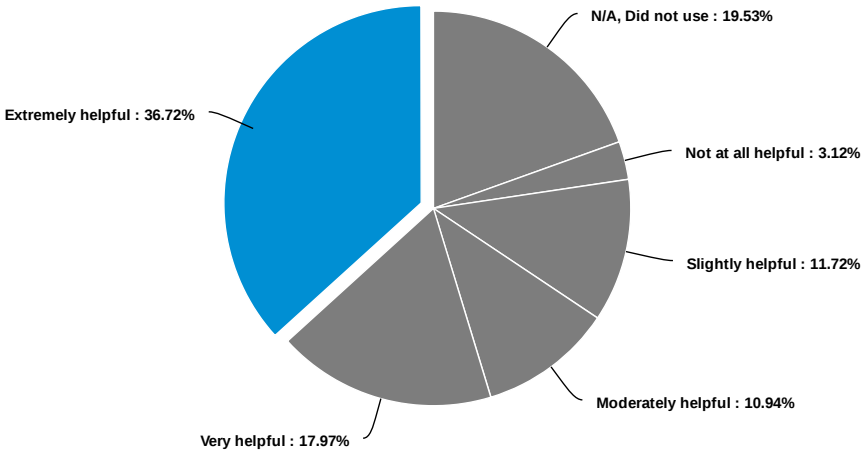
Question	Count	Score	N/A, Did not use	Not at all helpful	Slightly helpful	Moderately helpful	Very helpful	Extremely helpful
Weekend or retreat experience	125	3.46						
Religious oriented support group	128	4.15						
Non-religious peer support group	119	2.05						
Gay-specific educational program	117	1.54						
Group intervention or counseling	121	2.27						
A mentoring relationship	124	3.68						
Intense individual study	122	3.79						
Other (specify after rating)	71	1.97						
	Average	**2.94**						

Weekend or retreat experience



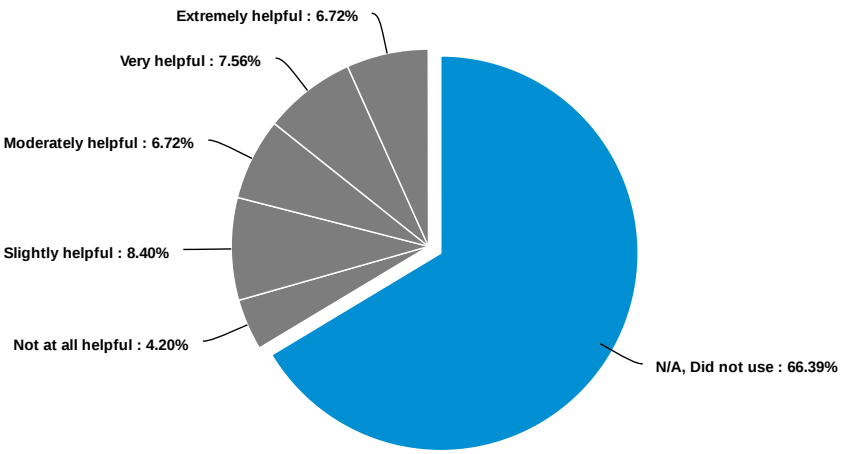
Answer	Count	Percent
N/A, Did not use	50	40%
Not at all helpful	2	1.6%
Slightly helpful	5	4%
Moderately helpful	13	10.4%
Very helpful	19	15.2%
Extremely helpful	36	28.8%
Total	**125**	**100 %**

Religious oriented support group



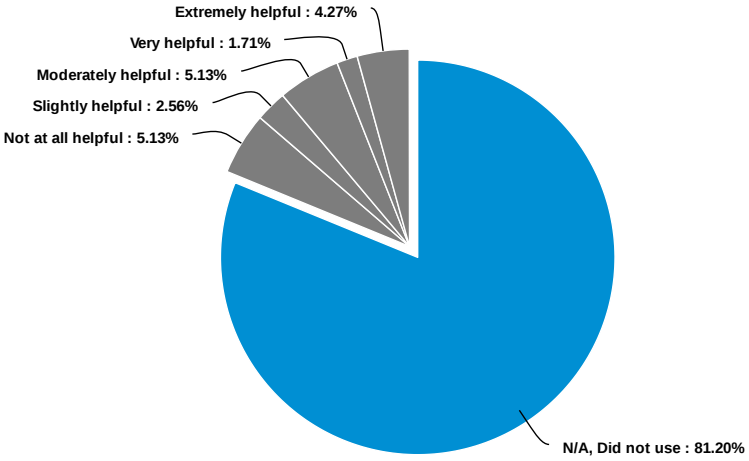
Answer	Count	Percent	20%	40%	60%	80%	100%
N/A, Did not use	25	19.53%					
Not at all helpful	4	3.12%					
Slightly helpful	15	11.72%					
Moderately helpful	14	10.94%					
Very helpful	23	17.97%					
Extremely helpful	47	36.72%					
Total	**128**	**100 %**					

Non-religious peer support group



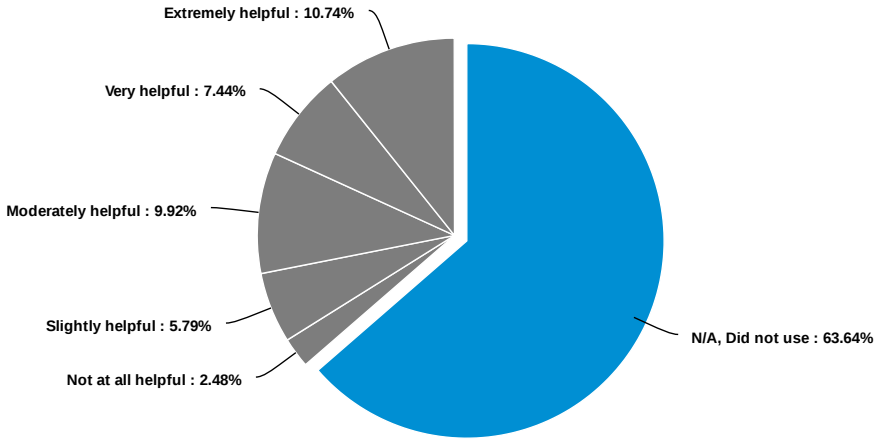
Answer	Count	Percent	20%	40%	60%	80%	100%
N/A, Did not use	79	66.39%					
Not at all helpful	5	4.2%					
Slightly helpful	10	8.4%					
Moderately helpful	8	6.72%					
Very helpful	9	7.56%					
Extremely helpful	8	6.72%					
Total	**119**	**100 %**					

Gay-specific educational program



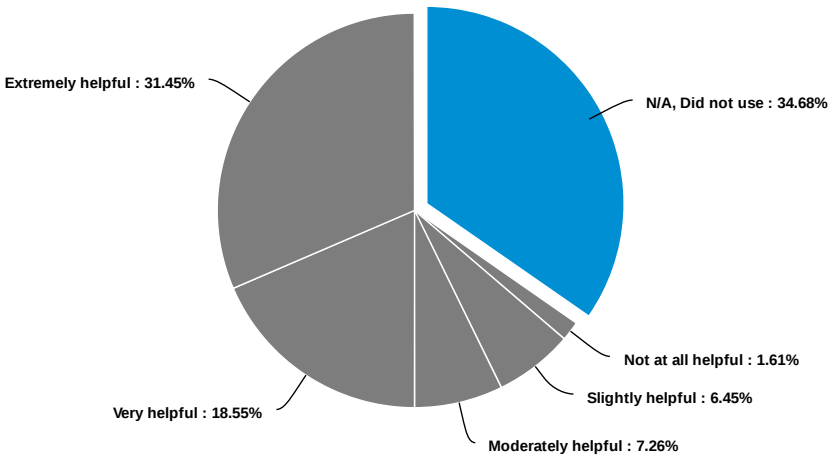
Answer	Count	Percent	20%	40%	60%	80%	100%
N/A, Did not use	95	81.2%					
Not at all helpful	6	5.13%					
Slightly helpful	3	2.56%					
Moderately helpful	6	5.13%					
Very helpful	2	1.71%					
Extremely helpful	5	4.27%					
Total	**117**	**100 %**					

Group intervention or counseling



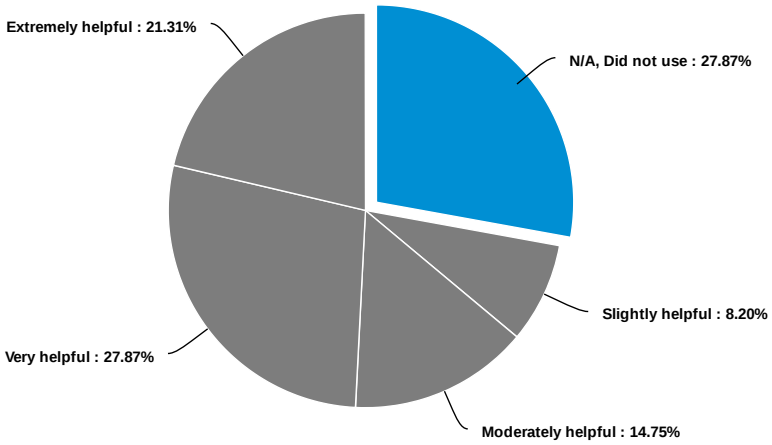
Answer	Count	Percent	20%	40%	60%	80%	100%
N/A, Did not use	77	63.64%					
Not at all helpful	3	2.48%					
Slightly helpful	7	5.79%					
Moderately helpful	12	9.92%					
Very helpful	9	7.44%					
Extremely helpful	13	10.74%					
Total	**121**	**100 %**					

A mentoring relationship



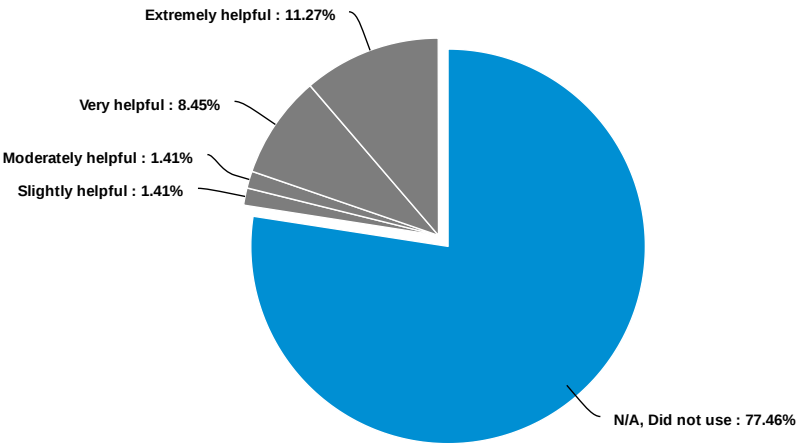
Answer	Count	Percent	20%	40%	60%	80%	100%
N/A, Did not use	43	34.68%					
Not at all helpful	2	1.61%					
Slightly helpful	8	6.45%					
Moderately helpful	9	7.26%					
Very helpful	23	18.55%					
Extremely helpful	39	31.45%					
Total	**124**	**100 %**					

Intense individual study



Answer	Count	Percent	20%	40%	60%	80%	100%
N/A, Did not use	34	27.87%					
Not at all helpful	0	0%					
Slightly helpful	10	8.2%					
Moderately helpful	18	14.75%					
Very helpful	34	27.87%					
Extremely helpful	26	21.31%					
Total	**122**	**100 %**					

Other (specify after rating)



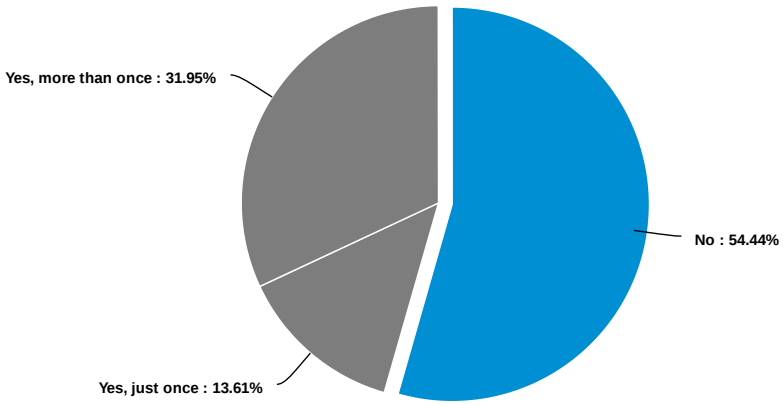
Answer	Count	Percent	20%	40%	60%	80%	100%
N/A, Did not use	55	77.46%					
Not at all helpful	0	0%					
Slightly helpful	1	1.41%					
Moderately helpful	1	1.41%					
Very helpful	6	8.45%					
Extremely helpful	8	11.27%					
Total	**71**	**100 %**					

Other (specify after rating) - Dynamic Text / Comments

08/14/2025	35773250	[Very helpful] The Grief to Grace retreat and Integrating Human Sexuality workshop (Desert Streams and Theology of the Body) helped bring God's healing into the child sexual abuse wounds from my past. These propelled me in restoring my dignity and shifted healing into gender confusion wounds, too.
08/05/2025	35745263	[Extremely helpful] One-week inner healing prayer ministry intensive
08/01/2025	35736193	[Slightly helpful] lesnian dating book study and weekend retreat
07/27/2025	35725366	[Very helpful] AA
06/20/2025	35628469	[Extremely helpful] Desert Stream Ministries
06/06/2025	35600654	[Moderately helpful] Prayer
06/04/2025	35596802	[Extremely helpful] Many years later in my fifties I came across ex gay Ministries and found the resources and knowledge with these to be extremely helpful in understanding why I had the earlier feeling's that I did
06/04/2025	35596627	[Very helpful] I've been in sexual addiction recovery support groups for over 30 years for my own ongoing recovery process. It helps me stay fit for the ministry work I do.
05/15/2025	35550980	[Extremely helpful] Bibliotherapy! That was extremely helpful.
03/14/2025	35283648	[Extremely helpful] Deliverance ministry was key for me.
03/14/2025	35283647	[Extremely helpful] Building frindships with a view straight Friends and telling openly about my struggels and uncertainties how to behave as a Man
03/13/2025	35281580	[Extremely helpful] My own walk with Christ.
03/11/2025	35277277	[Very helpful] 12 step programs for sexual addiction and for growing up in a dysfunctional and alcoholic home.

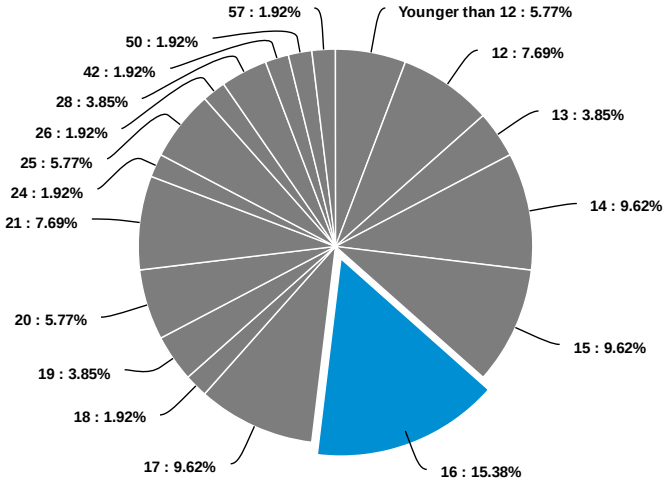
03/11/2025	35276609	[Very helpful] Personal Bibkestudy and prayer
03/11/2025	35276414	[Very helpful] Friendship with christians who experience the same feelings
03/05/2025	35259534	[Extremely helpful] Desert Stream Living Waters

Have you ever seriously considered attempting suicide?



Answer	Count	Percent	20%	40%	60%	80%	100%
No	92	54.44%					
Yes, just once	23	13.61%					
Yes, more than once	54	31.95%					
Total	**169**	**100 %**					

How old were you the first time you considered attempting suicide?

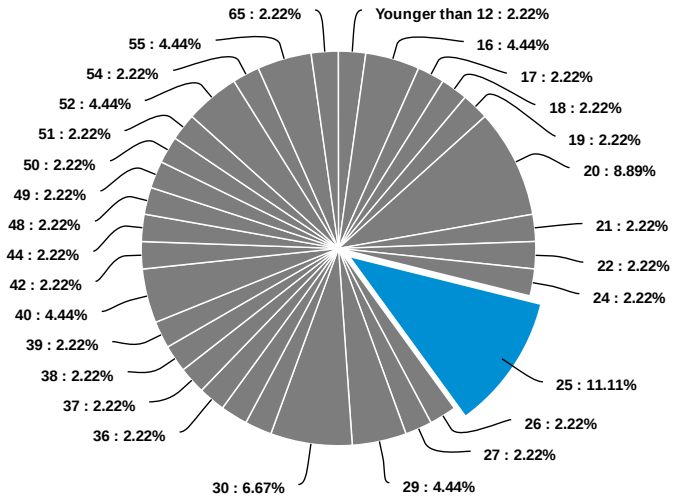


Answer	Count	Percent	20%	40%	60%	80%	100%
Younger than 12	3	5.77%					
12	4	7.69%					
13	2	3.85%					
14	5	9.62%					
15	5	9.62%					
16	8	15.38%					
17	5	9.62%					
18	1	1.92%					
19	2	3.85%					
20	3	5.77%					
21	4	7.69%					
22	0	0%					
23	0	0%					
24	1	1.92%					
25	3	5.77%					
26	1	1.92%					
27	0	0%					
28	2	3.85%					
29	0	0%					
30	0	0%					
31	0	0%					
32	0	0%					

33	0	0%
34	0	0%
35	0	0%
36	0	0%
37	0	0%
38	0	0%
39	0	0%
40	0	0%
41	0	0%
42	1	1.92%
43	0	0%
44	0	0%
45	0	0%
46	0	0%
47	0	0%
48	0	0%
49	0	0%
50	1	1.92%
51	0	0%
52	0	0%
53	0	0%
54	0	0%
55	0	0%
56	0	0%
57	1	1.92%
58	0	0%
59	0	0%
60	0	0%
61	0	0%
62	0	0%
63	0	0%
64	0	0%
65	0	0%
66	0	0%
67	0	0%

68	0	0%
69	0	0%
70-75	0	0%
76-80	0	0%
Over age 80	0	0%
Total	**52**	**100 %**

How old were you the most recent time you considered attempting suicide?

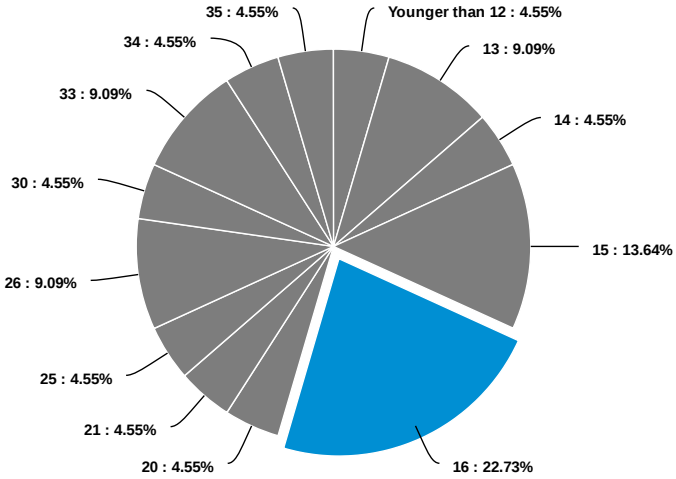


Answer	Count	Percent	20%	40%	60%	80%	100%
Younger than 12	1	2.22%					
12	0	0%					
13	0	0%					
14	0	0%					
15	0	0%					
16	2	4.44%					
17	1	2.22%					
18	1	2.22%					
19	1	2.22%					
20	4	8.89%					
21	1	2.22%					
22	1	2.22%					
23	0	0%					
24	1	2.22%					
25	5	11.11%					
26	1	2.22%					
27	1	2.22%					
28	0	0%					
29	2	4.44%					
30	3	6.67%					
31	0	0%					
32	0	0%					

33	1	2.22%
34	0	0%
35	1	2.22%
36	1	2.22%
37	1	2.22%
38	1	2.22%
39	1	2.22%
40	2	4.44%
41	0	0%
42	1	2.22%
43	0	0%
44	1	2.22%
45	0	0%
46	0	0%
47	0	0%
48	1	2.22%
49	1	2.22%
50	1	2.22%
51	1	2.22%
52	2	4.44%
53	0	0%
54	1	2.22%
55	2	4.44%
56	0	0%
57	0	0%
58	0	0%
59	0	0%
60	0	0%
61	0	0%
62	0	0%
63	0	0%
64	0	0%
65	1	2.22%
66	0	0%

67	0	0%
68	0	0%
69	0	0%
70-75	0	0%
76-80	0	0%
Over age 80	0	0%
Total	**45**	**100 %**

How old were you when you considered attempting suicide?

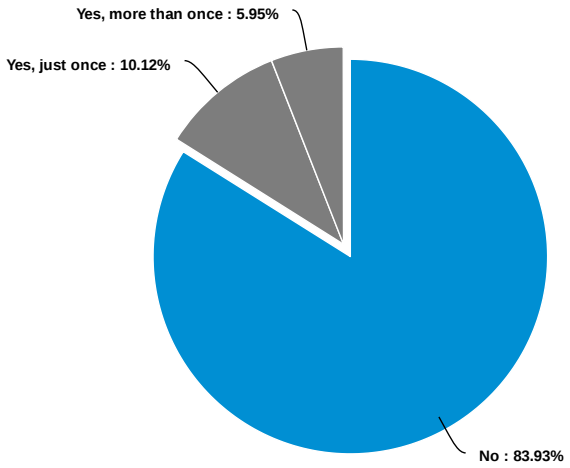


Answer	Count	Percent	20%	40%	60%	80%	100%
Younger than 12	1	4.55%					
12	0	0%					
13	2	9.09%					
14	1	4.55%					
15	3	13.64%					
16	5	22.73%					
17	0	0%					
18	0	0%					
19	0	0%					
20	1	4.55%					
21	1	4.55%					
22	0	0%					
23	0	0%					
24	0	0%					
25	1	4.55%					
26	2	9.09%					
27	0	0%					
28	0	0%					
29	0	0%					
30	1	4.55%					
31	0	0%					
32	0	0%					

33	2	9.09%
34	1	4.55%
35	1	4.55%
36	0	0%
37	0	0%
38	0	0%
39	0	0%
40	0	0%
41	0	0%
42	0	0%
43	0	0%
44	0	0%
45	0	0%
46	0	0%
47	0	0%
48	0	0%
49	0	0%
50	0	0%
51	0	0%
52	0	0%
53	0	0%
54	0	0%
55	0	0%
56	0	0%
57	0	0%
58	0	0%
59	0	0%
60	0	0%
61	0	0%
62	0	0%
63	0	0%
64	0	0%
65	0	0%
66	0	0%
67	0	0%

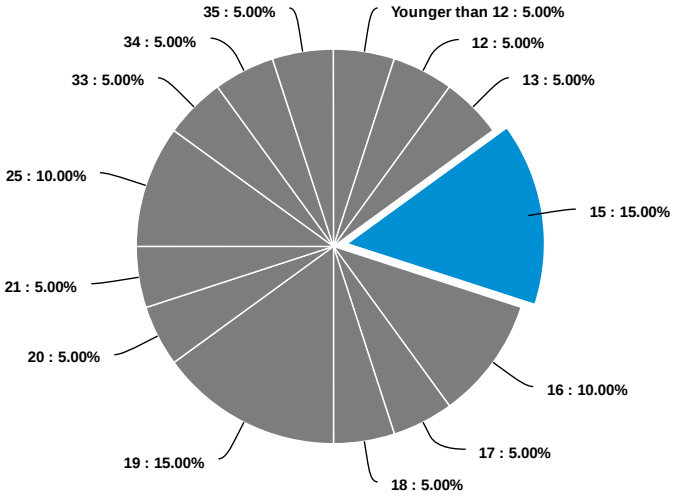
68	0	0%
69	0	0%
70-75	0	0%
76-80	0	0%
Over age 80	0	0%
Total	**22**	**100 %**

Did you ever actually attempt suicide?



Answer	Count	Percent	20%	40%	60%	80%	100%
No	141	83.93%					
Yes, just once	17	10.12%					
Yes, more than once	10	5.95%					
Total	**168**	**100 %**					

How old were you the first time you attempted suicide?

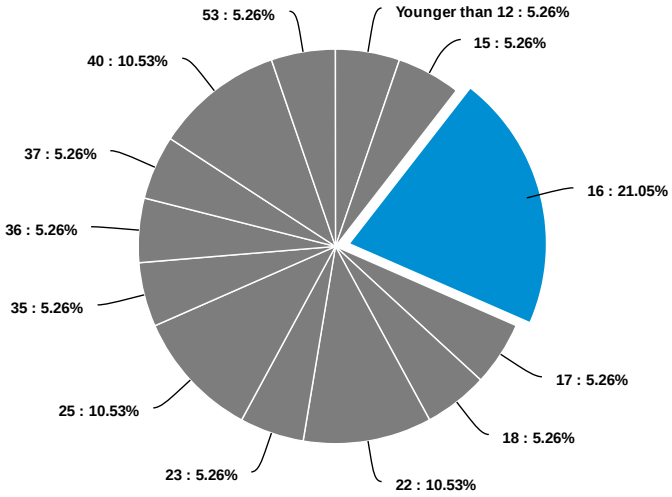


Answer	Count	Percent	20%	40%	60%	80%	100%
Younger than 12	1	5%					
12	1	5%					
13	1	5%					
14	0	0%					
15	3	15%					
16	2	10%					
17	1	5%					
18	1	5%					
19	3	15%					
20	1	5%					
21	1	5%					
22	0	0%					
23	0	0%					
24	0	0%					
25	2	10%					
26	0	0%					
27	0	0%					
28	0	0%					
29	0	0%					
30	0	0%					
31	0	0%					
32	0	0%					

33	1	5%
34	1	5%
35	1	5%
36	0	0%
37	0	0%
38	0	0%
39	0	0%
40	0	0%
41	0	0%
42	0	0%
43	0	0%
44	0	0%
45	0	0%
46	0	0%
47	0	0%
48	0	0%
49	0	0%
50	0	0%
51	0	0%
52	0	0%
53	0	0%
54	0	0%
55	0	0%
56	0	0%
57	0	0%
58	0	0%
59	0	0%
60	0	0%
61	0	0%
62	0	0%
63	0	0%
64	0	0%
65	0	0%
66	0	0%
67	0	0%

68	0	0%
69	0	0%
70-75	0	0%
76-80	0	0%
Over age 80	0	0%
Total	**20**	**100 %**

How old were you the most recent time you attempted suicide?

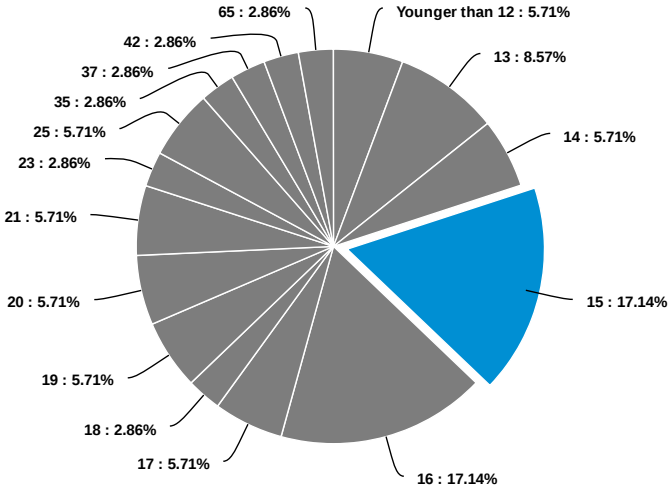


Answer	Count	Percent	20%	40%	60%	80%	100%
Younger than 12	1	5.26%					
12	0	0%					
13	0	0%					
14	0	0%					
15	1	5.26%					
16	4	21.05%					
17	1	5.26%					
18	1	5.26%					
19	0	0%					
20	0	0%					
21	0	0%					
22	2	10.53%					
23	1	5.26%					
24	0	0%					
25	2	10.53%					
26	0	0%					
27	0	0%					
28	0	0%					
29	0	0%					
30	0	0%					
31	0	0%					
32	0	0%					

33	0	0%
34	0	0%
35	1	5.26%
36	1	5.26%
37	1	5.26%
38	0	0%
39	0	0%
40	2	10.53%
41	0	0%
42	0	0%
43	0	0%
44	0	0%
45	0	0%
46	0	0%
47	0	0%
48	0	0%
49	0	0%
50	0	0%
51	0	0%
52	0	0%
53	1	5.26%
54	0	0%
55	0	0%
56	0	0%
57	0	0%
58	0	0%
59	0	0%
60	0	0%
61	0	0%
62	0	0%
63	0	0%
64	0	0%
65	0	0%
66	0	0%
67	0	0%

68	0	0%
69	0	0%
70-75	0	0%
76-80	0	0%
Over age 80	0	0%
Total	**19**	**100 %**

How old were you when you attempted suicide?



Answer	Count	Percent	20%	40%	60%	80%	100%
Younger than 12	2	5.71%					
12	0	0%					
13	3	8.57%					
14	2	5.71%					
15	6	17.14%					
16	6	17.14%					
17	2	5.71%					
18	1	2.86%					
19	2	5.71%					
20	2	5.71%					
21	2	5.71%					
22	0	0%					
23	1	2.86%					
24	0	0%					
25	2	5.71%					
26	0	0%					
27	0	0%					
28	0	0%					
29	0	0%					
30	0	0%					
31	0	0%					
32	0	0%					

33	0	0%
34	0	0%
35	1	2.86%
36	0	0%
37	1	2.86%
38	0	0%
39	0	0%
40	0	0%
41	0	0%
42	1	2.86%
43	0	0%
44	0	0%
45	0	0%
46	0	0%
47	0	0%
48	0	0%
49	0	0%
50	0	0%
51	0	0%
52	0	0%
53	0	0%
54	0	0%
55	0	0%
56	0	0%
57	0	0%
58	0	0%
59	0	0%
60	0	0%
61	0	0%
62	0	0%
63	0	0%
64	0	0%
65	1	2.86%
66	0	0%
67	0	0%

68	0	0%
69	0	0%
70-75	0	0%
76-80	0	0%
Over age 80	0	0%
Total	**35**	**100 %**

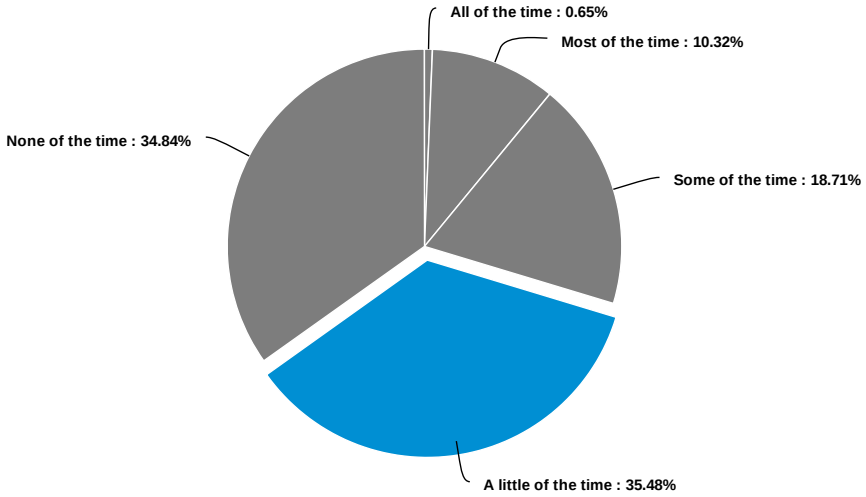
During the past 30 days, about how often did you feel ...

Statement	All of the time	Most of the time	Some of the time	A little of the time	None of the time	Overall
nervous	1 0.65%	16 10.32%	29 18.71%	55 35.48%	54 34.84%	155 100%
hopeless	0 0%	6 3.87%	18 11.61%	41 26.45%	90 58.06%	155 100%
restless or fidgety	2 1.28%	14 8.97%	30 19.23%	46 29.49%	64 41.03%	156 100%
so depressed that nothing could cheer you up	0 0%	7 4.52%	9 5.81%	24 15.48%	115 74.19%	155 100%
that everything was an effort	3 1.94%	13 8.39%	24 15.48%	39 25.16%	76 49.03%	155 100%
worthless	1 0.65%	7 4.52%	17 10.97%	29 18.71%	101 65.16%	155 100%

Min Max

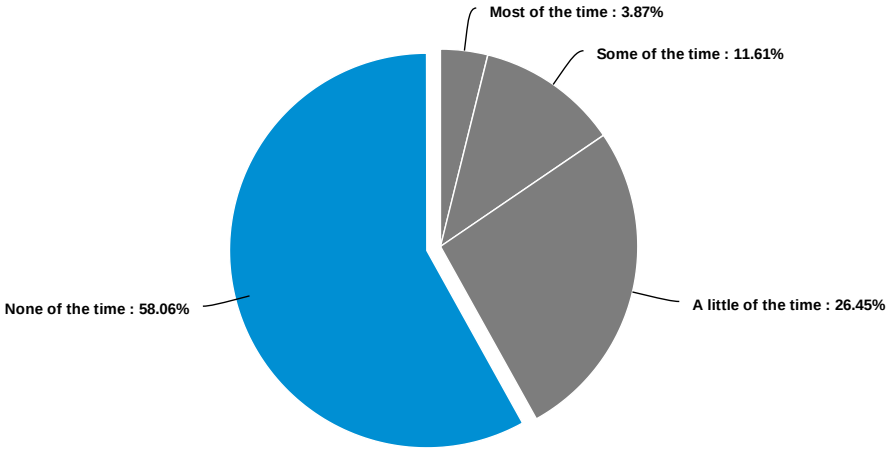
Question	Count	Score	All of the time	Most of the time	Some of the time	A little of the time	None of the time
nervous	155	3.94					
hopeless	155	4.39					
restless or fidgety	156	4					
so depressed that nothing could cheer you up	155	4.59					
that everything was an effort	155	4.11					
worthless	155	4.43					
	Average	**4.24**					

nervous



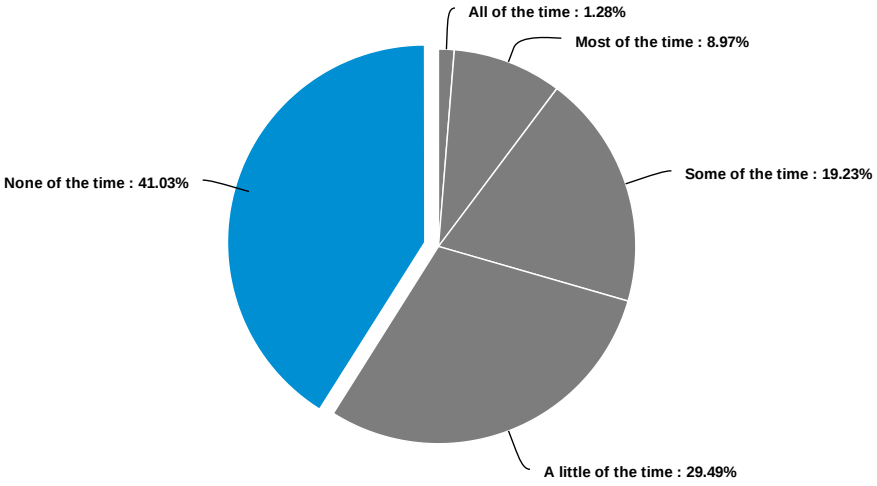
Answer	Count	Percent	20%	40%	60%	80%	100%
All of the time	1	0.65%					
Most of the time	16	10.32%					
Some of the time	29	18.71%					
A little of the time	55	35.48%					
None of the time	54	34.84%					
Total	**155**	**100 %**					

hopeless



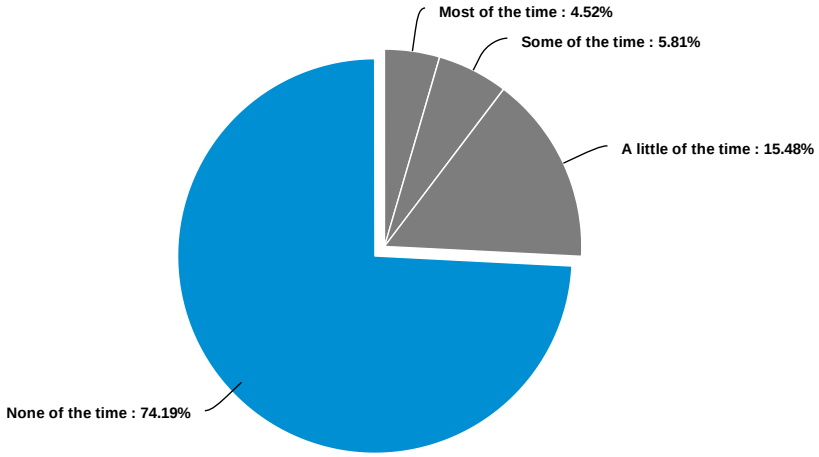
Answer	Count	Percent	20%	40%	60%	80%	100%
All of the time	0	0%					
Most of the time	6	3.87%					
Some of the time	18	11.61%					
A little of the time	41	26.45%					
None of the time	90	58.06%					
Total	**155**	**100 %**					

restless or fidgety



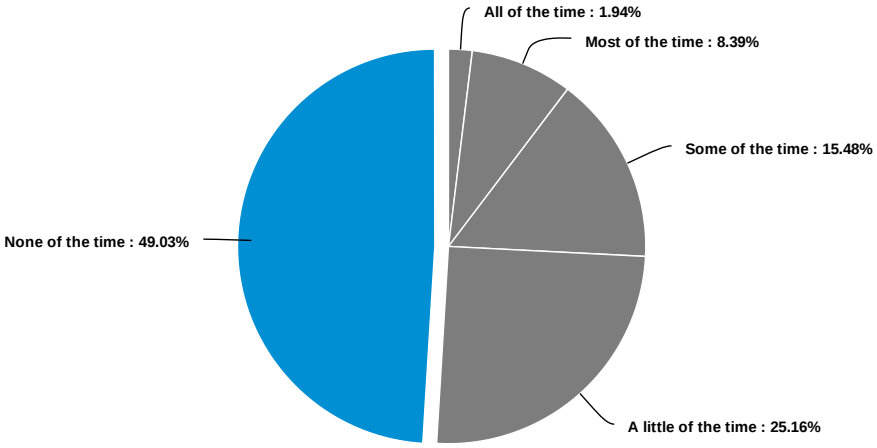
Answer	Count	Percent	20%	40%	60%	80%	100%
All of the time	2	1.28%					
Most of the time	14	8.97%					
Some of the time	30	19.23%					
A little of the time	46	29.49%					
None of the time	64	41.03%					
Total	**156**	**100 %**					

so depressed that nothing could cheer you up



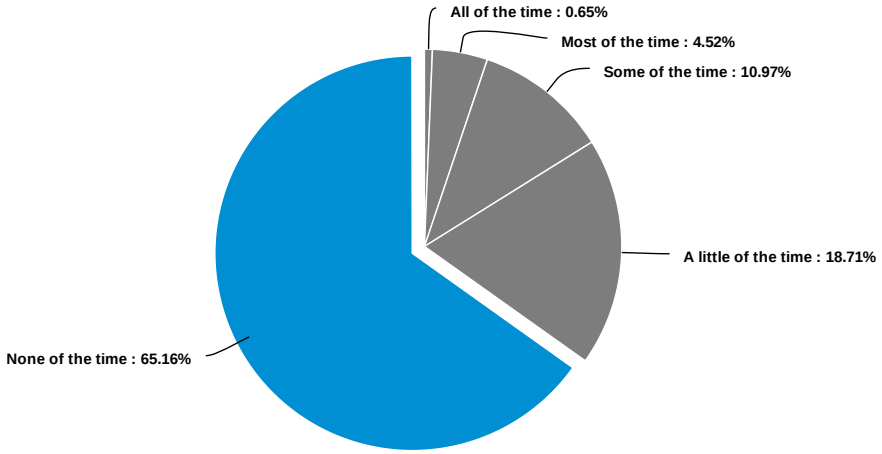
Answer	Count	Percent	20%	40%	60%	80%	100%
All of the time	0	0%					
Most of the time	7	4.52%					
Some of the time	9	5.81%					
A little of the time	24	15.48%					
None of the time	115	74.19%					
Total	**155**	**100 %**					

that everything was an effort



Answer	Count	Percent	20%	40%	60%	80%	100%
All of the time	3	1.94%					
Most of the time	13	8.39%					
Some of the time	24	15.48%					
A little of the time	39	25.16%					
None of the time	76	49.03%					
Total	**155**	**100 %**					

worthless



Answer	Count	Percent	20%	40%	60%	80%	100%
All of the time	1	0.65%					
Most of the time	7	4.52%					
Some of the time	17	10.97%					
A little of the time	29	18.71%					
None of the time	101	65.16%					
Total	**155**	**100 %**					

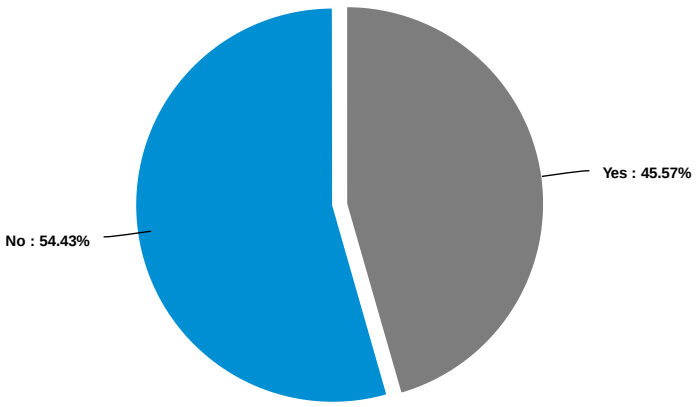
Before age 18, did you live with anyone who ...

Statement	Yes	No	Overall
was depressed, mentally ill, or suicidal?	72 45.57%	86 54.43%	158 100%
was a problem drinker or alcoholic?	40 25.16%	119 74.84%	159 100%
used illegal street drugs or abused prescription medications?	19 12.18%	137 87.82%	156 100%
was sentenced to serve time in a jail, prison, or other correctional facility?	8 5.13%	148 94.87%	156 100%

Min Max

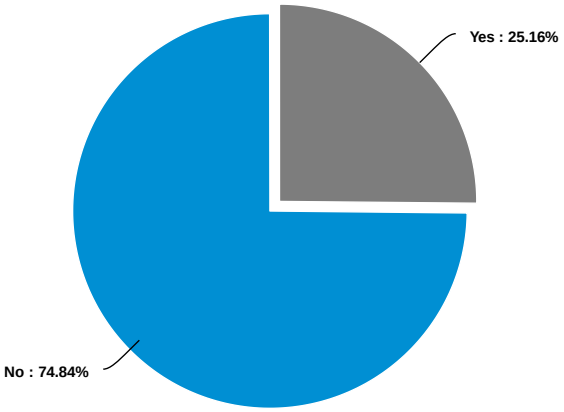
Question	Count	Score	Yes No
was depressed, mentally ill, or suicidal?	158	1.54	
was a problem drinker or alcoholic?	159	1.75	
used illegal street drugs or abused prescription medications?	156	1.88	
was sentenced to serve time in a jail, prison, or other correctional facility?	156	1.95	
	Average	**1.78**	

was depressed, mentally ill, or suicidal?



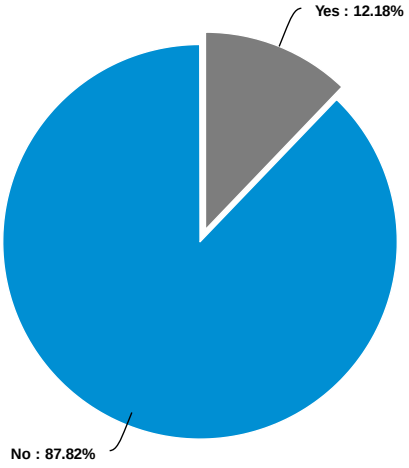
Answer	Count	Percent	20% 40% 60% 80% 100%
Yes	72	45.57%	
No	86	54.43%	
Total	**158**	**100 %**	

was a problem drinker or alcoholic?



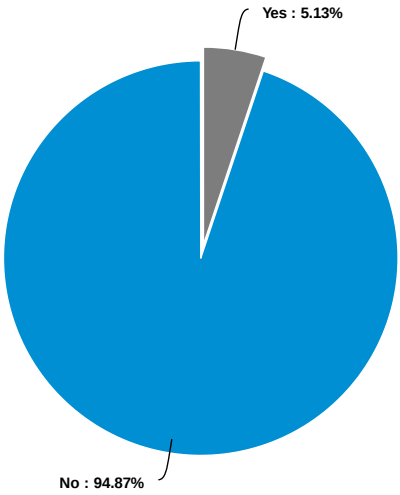
Answer	Count	Percent	20%	40%	60%	80%	100%
Yes	40	25.16%					
No	119	74.84%					
Total	**159**	**100 %**					

used illegal street drugs or abused prescription medications?



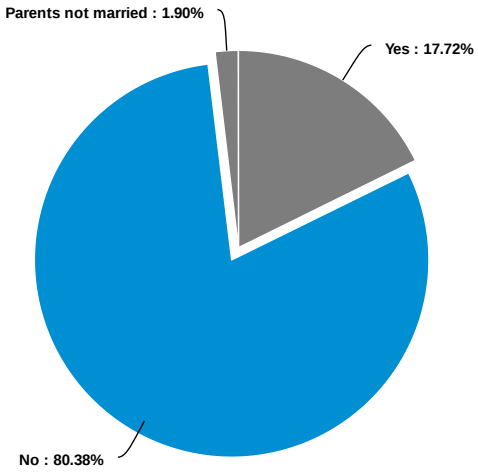
Answer	Count	Percent	20%	40%	60%	80%	100%
Yes	19	12.18%					
No	137	87.82%					
Total	**156**	**100 %**					

was sentenced to serve time in a jail, prison, or other correctional facility?



Answer	Count	Percent	20%	40%	60%	80%	100%
Yes	8	5.13%					
No	148	94.87%					
Total	**156**	**100 %**					

Before you were age 18, were your parents separated or divorced?



Answer	Count	Percent	20%	40%	60%	80%	100%
Yes	28	17.72%					
No	127	80.38%					
Parents not married	3	1.9%					
Total	**158**	**100 %**					

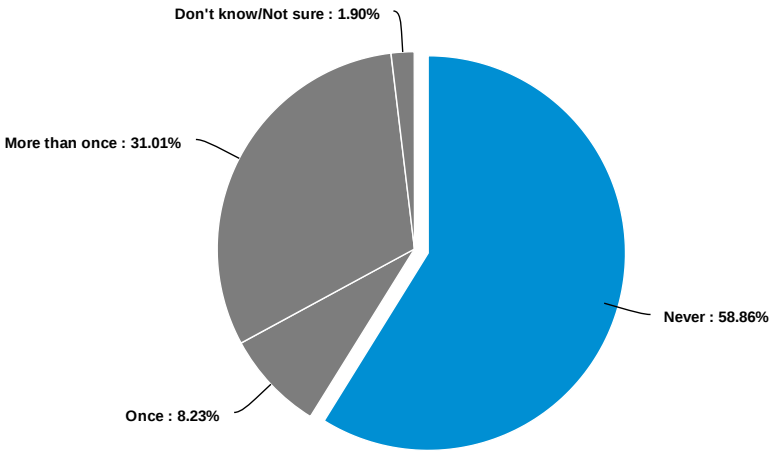
Before age 18, how often did a parent or adult in your home ...

Statement	Never	Once	More than once	Don't know/Not sure	Overall
ever hit, beat, kick, or physically hurt you in any way (not including spanking)? Was it ...	93 58.86%	13 8.23%	49 31.01%	3 1.9%	158 100%
ever swear at you, insult you, or put you down? Was it ...	61 38.85%	4 2.55%	88 56.05%	4 2.55%	157 100%

Min Max

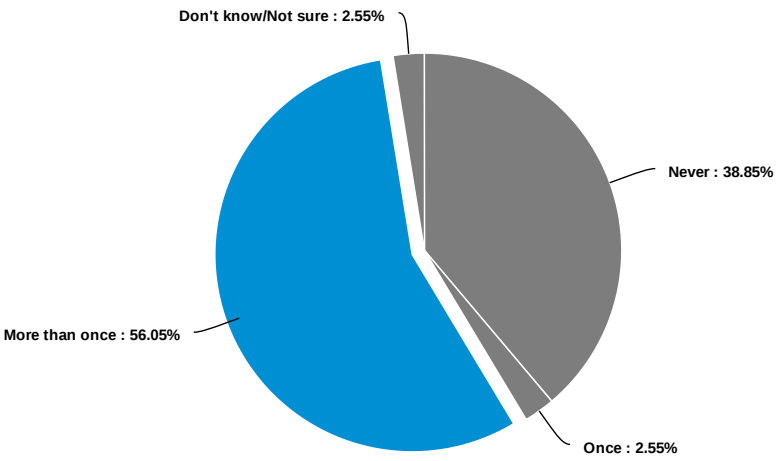
Question	Count	Score	Never	Once	More than once	Don't know/Not sure
ever hit, beat, kick, or physically hurt you in any way (not including spanking)? Was it ...	158	1.76				
ever swear at you, insult you, or put you down? Was it ...	157	2.22				
Average		**1.99**				

ever hit, beat, kick, or physically hurt you in any way (not including spanking)? Was it ...



Answer	Count	Percent	20%	40%	60%	80%	100%
Never	93	58.86%					
Once	13	8.23%					
More than once	49	31.01%					
Don't know/Not sure	3	1.9%					
Total	**158**	**100 %**					

ever swear at you, insult you, or put you down? Was it ...



Answer	Count	Percent	20%	40%	60%	80%	100%
Never	61	38.85%					
Once	4	2.55%					
More than once	88	56.05%					
Don't know/Not sure	4	2.55%					
Total	**157**	**100 %**					

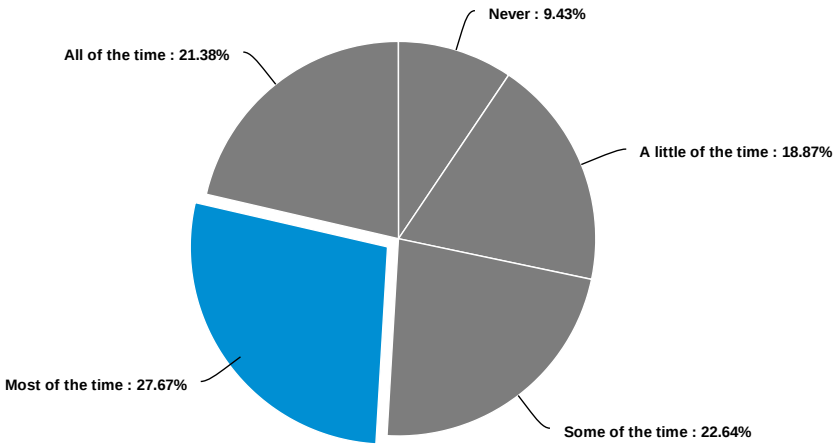
For how much of your childhood was there an adult in your household who . . .

Statement	Never	A little of the time	Some of the time	Most of the time	All of the time	Overall
made you feel safe and protected? Was it ...	15 9.43%	30 18.87%	36 22.64%	44 27.67%	34 21.38%	159 100%
tried hard to make sure your basic needs were met? Was it ...	6 3.77%	10 6.29%	21 13.21%	41 25.79%	81 50.94%	159 100%

Min Max

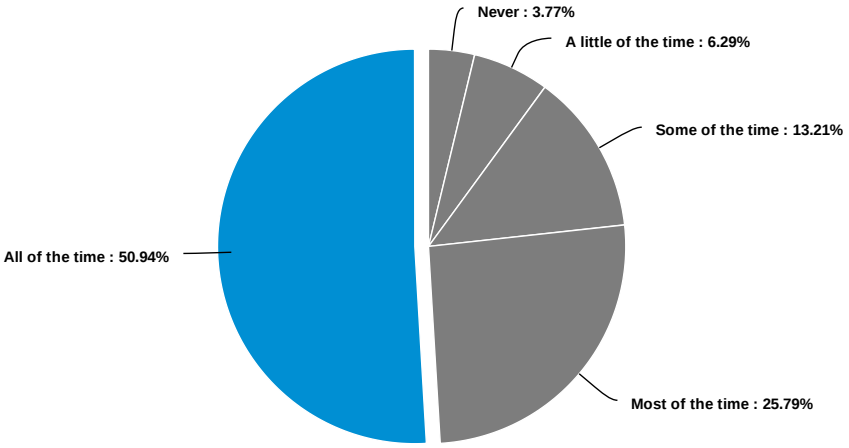
Question	Count	Score	Never	A little of the time	Some of the time	Most of the time	All of the time
made you feel safe and protected? Was it ...	159	3.33					
tried hard to make sure your basic needs were met? Was it ...	159	4.14					
	Average	**3.73**					

made you feel safe and protected? Was it ...



Answer	Count	Percent	20%	40%	60%	80%	100%
Never	15	9.43%					
A little of the time	30	18.87%					
Some of the time	36	22.64%					
Most of the time	44	27.67%					
All of the time	34	21.38%					
Total	**159**	**100 %**					

tried hard to make sure your basic needs were met? Was it ...



Answer	Count	Percent	20%	40%	60%	80%	100%
Never	6	3.77%					
A little of the time	10	6.29%					
Some of the time	21	13.21%					
Most of the time	41	25.79%					
All of the time	81	50.94%					
Total	**159**	**100 %**					

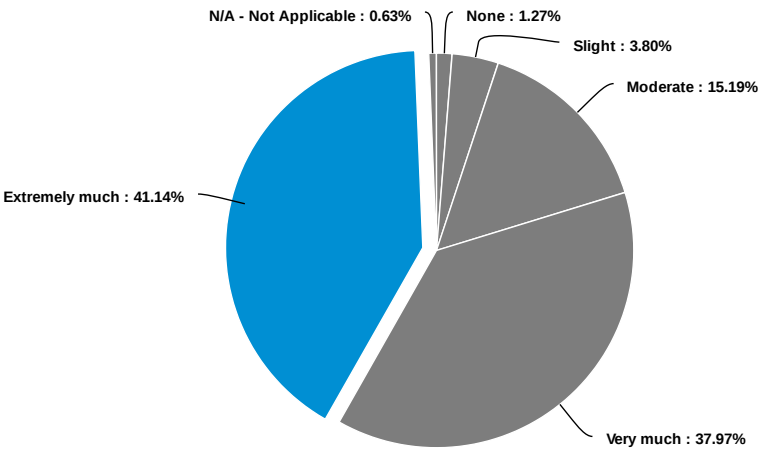
Looking back on your personal change journey, how much positive change (symptoms changing for the better) would you say you have experienced in each of the following areas? Mark only one response for each row.

Statement	None	Slight	Moderate	Very much	Extremely much	N/A - Not Applicable	Overall
Self-esteem	2 1.27%	6 3.8%	24 15.19%	60 37.97%	65 41.14%	1 0.63%	158 100%
Depression	7 4.49%	10 6.41%	28 17.95%	44 28.21%	38 24.36%	29 18.59%	156 100%
Self-harmful behavior	13 8.33%	6 3.85%	11 7.05%	20 12.82%	35 22.44%	71 45.51%	156 100%
Thoughts/attempts of suicide	13 8.39%	5 3.23%	8 5.16%	16 10.32%	31 20%	82 52.9%	155 100%
Social functioning	7 4.46%	13 8.28%	24 15.29%	56 35.67%	49 31.21%	8 5.1%	157 100%
Alcohol/substance abuse	14 9.09%	2 1.3%	9 5.84%	11 7.14%	33 21.43%	85 55.19%	154 100%

Min Max

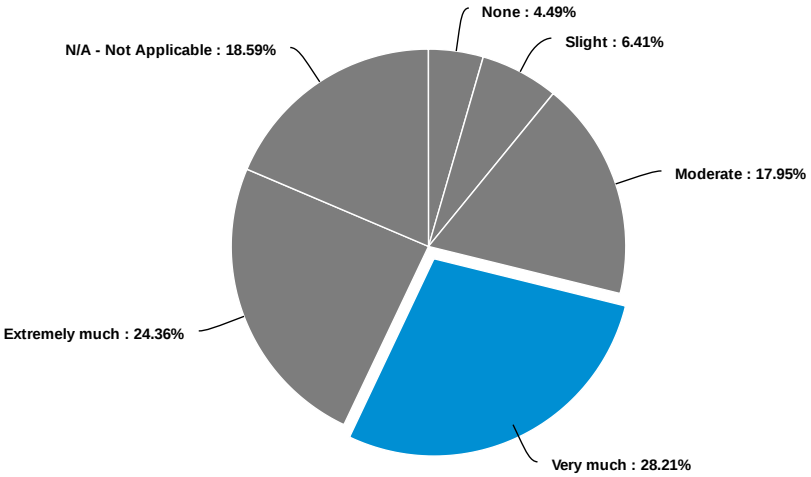
Question	Count	Score	None	Slight	Moderate	Very much	Extremely much	N/A - Not Applicable
Self-esteem	158	4.16						
Depression	156	4.17						
Self-harmful behavior	156	4.74						
Thoughts/attempts of suicide	155	4.89						
Social functioning	157	3.96						
Alcohol/substance abuse	154	4.96						
	Average	**4.48**						

Self-esteem



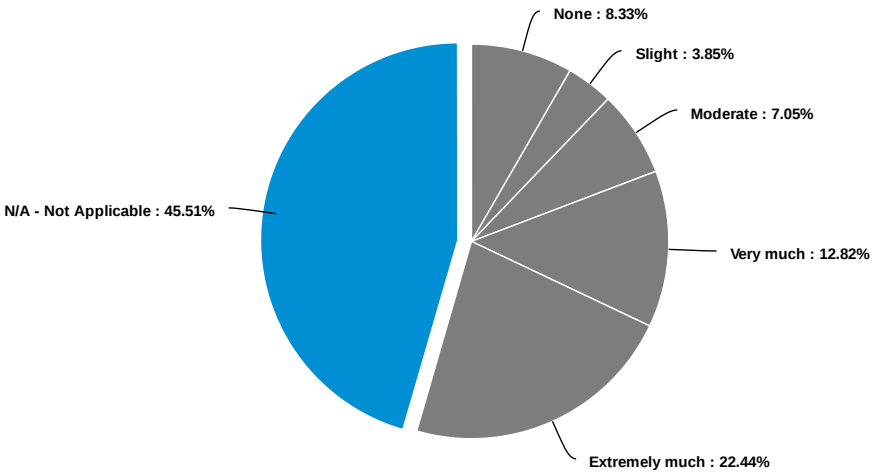
Answer	Count	Percent	20%	40%	60%	80%	100%
None	2	1.27%					
Slight	6	3.8%					
Moderate	24	15.19%					
Very much	60	37.97%					
Extremely much	65	41.14%					
N/A - Not Applicable	1	0.63%					
Total	**158**	**100 %**					

Depression



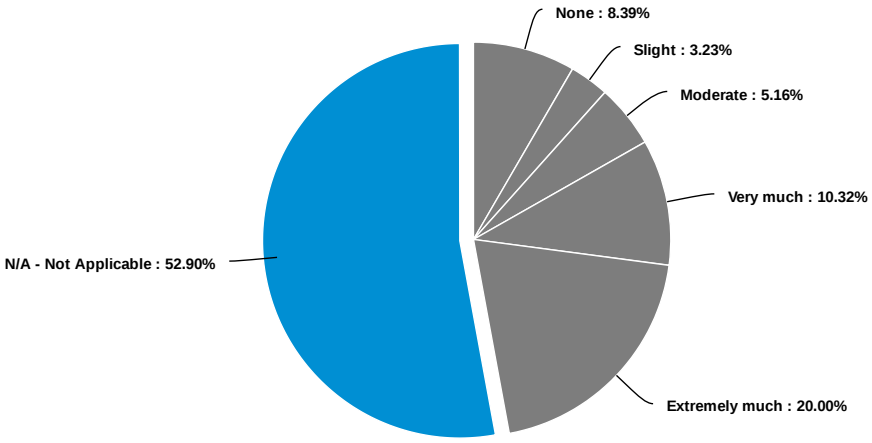
Answer	Count	Percent	20%	40%	60%	80%	100%
None	7	4.49%					
Slight	10	6.41%					
Moderate	28	17.95%					
Very much	44	28.21%					
Extremely much	38	24.36%					
N/A - Not Applicable	29	18.59%					
Total	**156**	**100 %**					

Self-harmful behavior



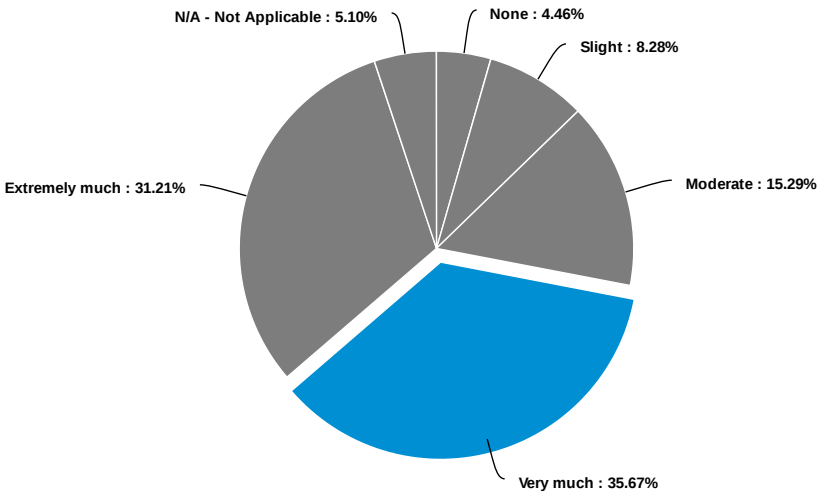
Answer	Count	Percent	20%	40%	60%	80%	100%
None	13	8.33%					
Slight	6	3.85%					
Moderate	11	7.05%					
Very much	20	12.82%					
Extremely much	35	22.44%					
N/A - Not Applicable	71	45.51%					
Total	**156**	**100 %**					

Thoughts/attempts of suicide



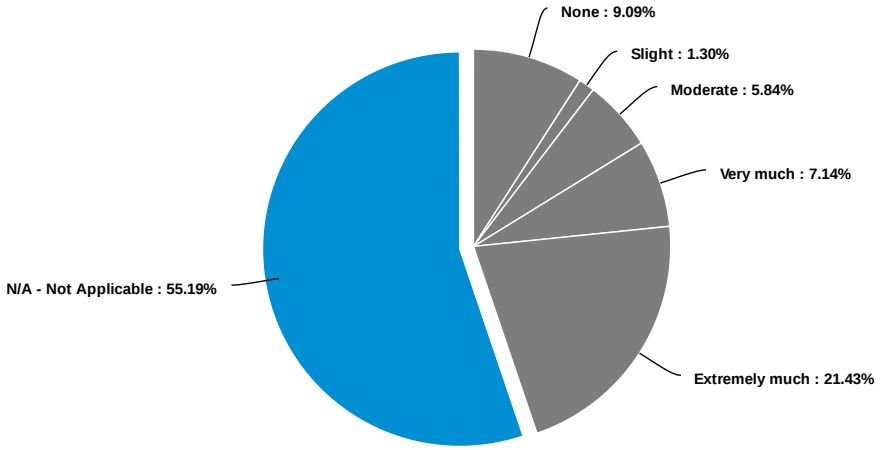
Answer	Count	Percent	20%	40%	60%	80%	100%
None	13	8.39%					
Slight	5	3.23%					
Moderate	8	5.16%					
Very much	16	10.32%					
Extremely much	31	20%					
N/A - Not Applicable	82	52.9%					
Total	**155**	**100 %**					

Social functioning



Answer	Count	Percent	20%	40%	60%	80%	100%
None	7	4.46%					
Slight	13	8.28%					
Moderate	24	15.29%					
Very much	56	35.67%					
Extremely much	49	31.21%					
N/A - Not Applicable	8	5.1%					
Total	**157**	**100 %**					

Alcohol/substance abuse



Answer	Count	Percent	20%	40%	60%	80%	100%
None	14	9.09%					
Slight	2	1.3%					
Moderate	9	5.84%					
Very much	11	7.14%					
Extremely much	33	21.43%					
N/A - Not Applicable	85	55.19%					
Total	**154**	**100 %**					

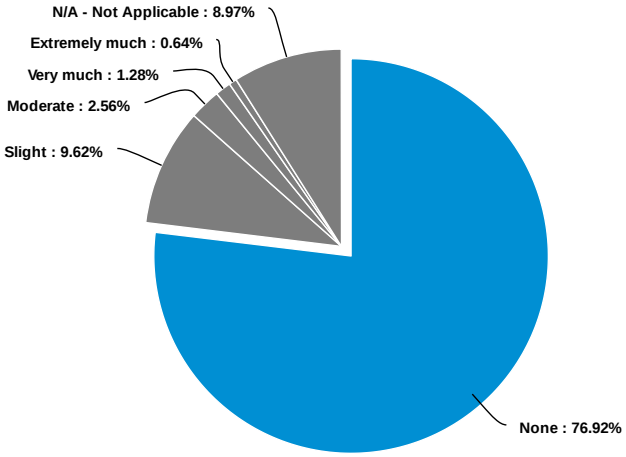
Looking back on your personal change journey, how much negative change (symptoms changing to worse rather than better) would you say you have experienced in each of the following areas? Mark only one response for each row.

Statement	None	Slight	Moderate	Very much	Extremely much	N/A - Not Applicable	Overall
Self-esteem	120 76.92%	15 9.62%	4 2.56%	2 1.28%	1 0.64%	14 8.97%	156 100%
Depression	105 67.31%	16 10.26%	5 3.21%	1 0.64%	2 1.28%	27 17.31%	156 100%
Self-harmful behavior	94 60.26%	10 6.41%	2 1.28%	1 0.64%	0 0%	49 31.41%	156 100%
Thoughts/attempts of suicide	91 58.33%	9 5.77%	2 1.28%	0 0%	0 0%	54 34.62%	156 100%
Social functioning	116 75.32%	10 6.49%	6 3.9%	5 3.25%	0 0%	17 11.04%	154 100%
Alcohol/substance abuse	87 55.77%	3 1.92%	5 3.21%	1 0.64%	1 0.64%	59 37.82%	156 100%

Min Max

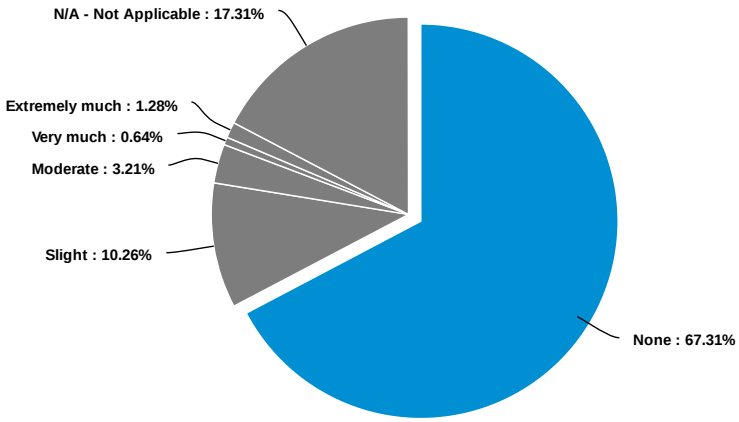
Question	Count	Score	None	Slight	Moderate	Very much	Extremely much	N/A - Not Applicable
Self-esteem	156	1.66						
Depression	156	2.1						
Self-harmful behavior	156	2.68						
Thoughts/attempts of suicide	156	2.81						
Social functioning	154	1.79						
Alcohol/substance abuse	156	3.02						
	Average	**2.34**						

Self-esteem



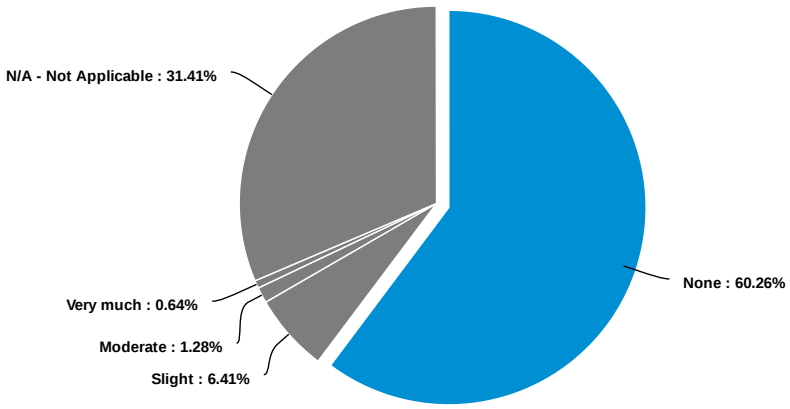
Answer	Count	Percent	20%	40%	60%	80%	100%
None	120	76.92%					
Slight	15	9.62%					
Moderate	4	2.56%					
Very much	2	1.28%					
Extremely much	1	0.64%					
N/A - Not Applicable	14	8.97%					
Total	**156**	**100 %**					

Depression



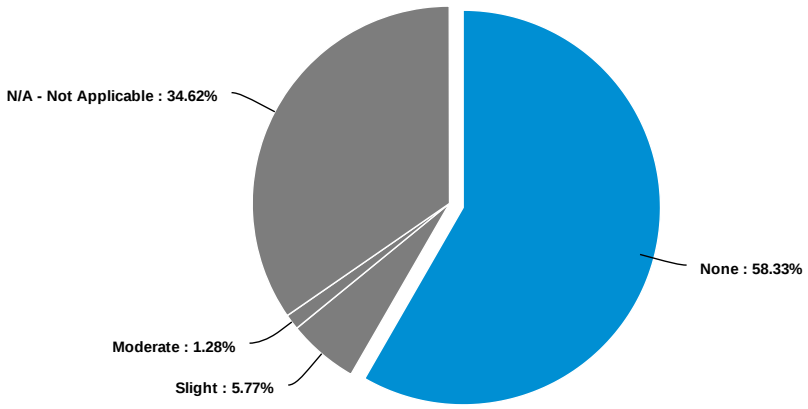
Answer	Count	Percent	20%	40%	60%	80%	100%
None	105	67.31%					
Slight	16	10.26%					
Moderate	5	3.21%					
Very much	1	0.64%					
Extremely much	2	1.28%					
N/A - Not Applicable	27	17.31%					
Total	**156**	**100 %**					

Self-harmful behavior



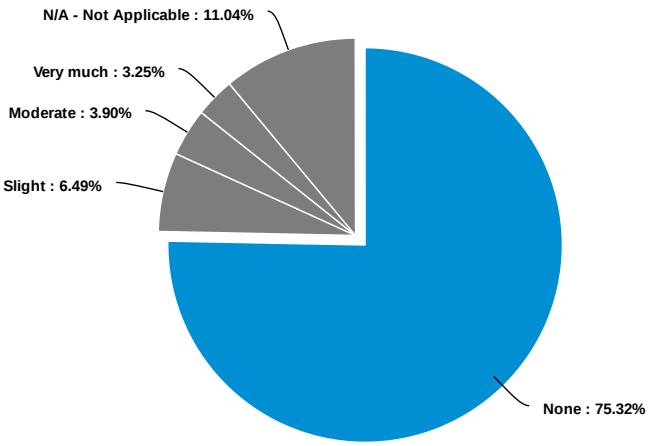
Answer	Count	Percent	20%	40%	60%	80%	100%
None	94	60.26%					
Slight	10	6.41%					
Moderate	2	1.28%					
Very much	1	0.64%					
Extremely much	0	0%					
N/A - Not Applicable	49	31.41%					
Total	**156**	**100 %**					

Thoughts/attempts of suicide



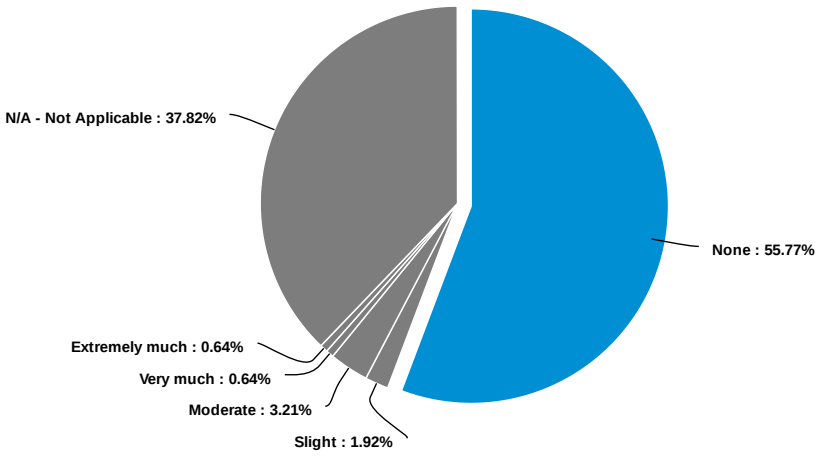
Answer	Count	Percent	20%	40%	60%	80%	100%
None	91	58.33%					
Slight	9	5.77%					
Moderate	2	1.28%					
Very much	0	0%					
Extremely much	0	0%					
N/A - Not Applicable	54	34.62%					
Total	**156**	**100 %**					

Social functioning



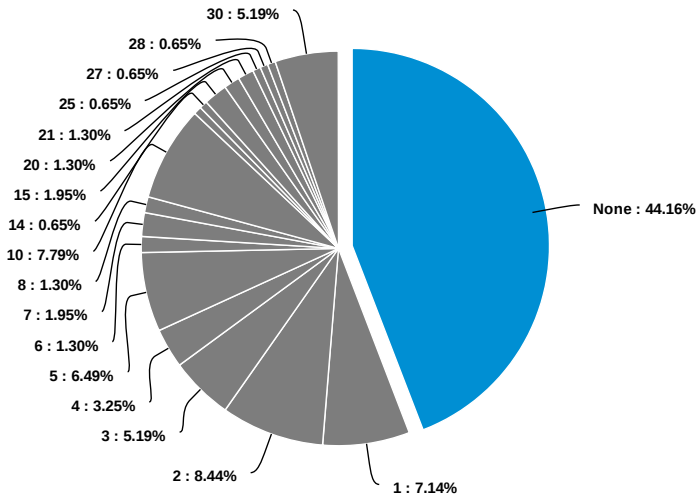
Answer	Count	Percent	20%	40%	60%	80%	100%
None	116	75.32%					
Slight	10	6.49%					
Moderate	6	3.9%					
Very much	5	3.25%					
Extremely much	0	0%					
N/A - Not Applicable	17	11.04%					
Total	**154**	**100 %**					

Alcohol/substance abuse



Answer	Count	Percent	20%	40%	60%	80%	100%
None	87	55.77%					
Slight	3	1.92%					
Moderate	5	3.21%					
Very much	1	0.64%					
Extremely much	1	0.64%					
N/A - Not Applicable	59	37.82%					
Total	**156**	**100 %**					

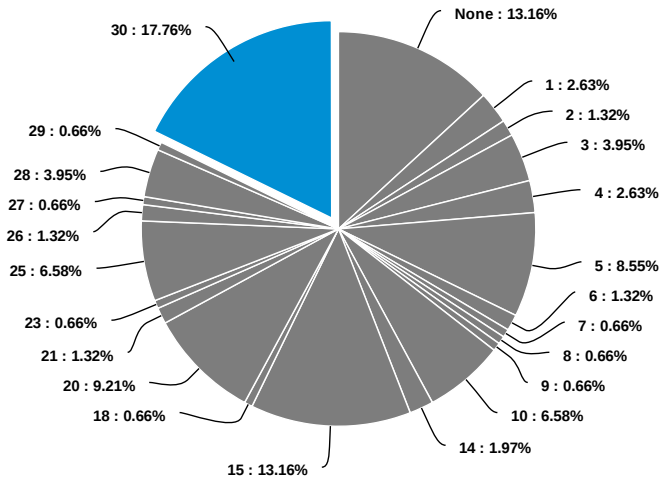
Thinking about the present time and your overall mental health, which includes stress, depression, and problems with emotions, for how many of the past 30 days would you say your mental health was not good?



Answer	Count	Percent
None	68	44.16%
1	11	7.14%
2	13	8.44%
3	8	5.19%
4	5	3.25%
5	10	6.49%
6	2	1.3%
7	3	1.95%
8	2	1.3%
9	0	0%
10	12	7.79%
11	0	0%
12	1	0.65%
13	0	0%
14	1	0.65%
15	3	1.95%
16	0	0%
17	0	0%
18	0	0%
19	0	0%
20	2	1.3%

21	2	1.3%
22	0	0%
23	0	0%
24	0	0%
25	1	0.65%
26	0	0%
27	1	0.65%
28	1	0.65%
29	0	0%
30	8	5.19%
Total	**154**	**100 %**

Now thinking about the time(s) in the past when you experienced non-heterosexual orientation and your overall mental health at that time, which includes stress, depression, and problems with emotions, for how many days of the average 30 day period during that past time would you say your mental health was not good?



Answer	Count	Percent	20%	40%	60%	80%	100%
None	20	13.16%					
1	4	2.63%					
2	2	1.32%					
3	6	3.95%					
4	4	2.63%					
5	13	8.55%					
6	2	1.32%					
7	1	0.66%					
8	1	0.66%					
9	1	0.66%					
10	10	6.58%					
11	0	0%					
12	0	0%					
13	0	0%					
14	3	1.97%					
15	20	13.16%					
16	0	0%					
17	0	0%					
18	1	0.66%					
19	0	0%					

20	14	9.21%
21	2	1.32%
22	0	0%
23	1	0.66%
24	0	0%
25	10	6.58%
26	2	1.32%
27	1	0.66%
28	6	3.95%
29	1	0.66%
30	27	17.76%
Total	**152**	**100 %**

Is there anything else you would like us to know to better understand you and your change journey? Please share briefly in your own words.

10/11/2025	35930352	The sacrifice of others to help me in my journey has been so valuable. I couldn't have done it on my own!
10/07/2025	35923491	The causal effect that you may want to describe is key in my life. I owe so much to healthy teaching on the causes of homosexuality and the retreats and counseling that helped me see it. This contributed greatly to cutting down on promiscuous behaviour and practices (masturbation, watching pornography, hooking up) leading to isolating myself, depression and feeling lost. What helped me I believe in all that was God first of all acting through sacraments in Catholic Church, being available in masses, confessions and in wise, kind and compassionate people who committed themselves to consolating and guiding me, helping me strive for higher purposes and organize myself.
08/30/2025	35818246	I was date raped at 18 & one day old, the first time I went to a gay bar. I was in the gay lifestyle from 18 to 22 & tried it again age 53 to 57 which is what led to the depression & series of events that led to the suicidal ideation & attempt. I am happiest when I am chaste/& sexually sober in Sexaholics Anonymous. I have had 2 periods of sexual sobriety longer than 10 years & many lesser multi-year periods despite society saying I MUST act on my SSA to be happy & fulfilled. The opposite is the truth for me, despite the fact that I am 95% SSA. My relationship & sex with my wife is completely different from the desperate sex I had with men in my attempt to “be made whole” with them. There is no comparison. I accept my SSA but that doesn’t mean I have to act on it. Sex has found a simple & natural place in my 44 year marriage as God intended.
08/27/2025	35813368	the biggest change is not so much in change of orientation, but in finding healing, wholeness in the areas that were broken through developing healthy relationships with other ssa people (through Eden Invitation and Courage), attending events of different ministries: Encounter Ministries (Fr Mathias Thelen), Unbound (Lozano), Healing the Whole Person (Bob Schutts), Living Waters (Comiskey), bible study (Catholic Biblical School). All this leading to healing of male identity that was severely damaged and finding new identity as a unity of body (male) and soul created in the image and likeness of God. Brain wiring does not change quickly, but does so overtime - that is reason for lessening of attractions to man (that are still present), however also discovering desire to be with woman as well. At least in my case, my attractions came to be fluid, which is a known fact in mental studies.
08/25/2025	35804664	Simply living for Christ with a new identity doesn't eliminate past "sin damage." Satan likes to pick at the scabs. However, the LGBT+ world holds no promises for a bright future. Christ offers everything to bring change and a life that is complete only with Him.
08/24/2025	35801005	The help of my catholic support group,knowing I wasn't alone was helpful always especially in the beginning. Coming to understand and seek resolution of emotional roots of the behavior and feelings helped tremendously.
08/24/2025	35800951	Covenant eyes app has saved my life along w Courage and JIm (journey into manhood) weekends
08/24/2025	35800890	No thank you very interesting survey, good luck. Keep me posted with the results
08/16/2025	35775350	I believe that SSA was a symptom of a much bigger mental health issue. Through therapy with a practicing Catholic therapist, I have been able to process some of the emotional trauma which has helped make the emotional struggles and intense need for acceptance and love more manageable. The SSA is sort of on the “back burner” now and I don’t feel the need to seek acceptance and love and belonging from same sex relationships and sexual activity.
08/14/2025	35773250	My female youth ministers at church held me for an hour or so at a time. They were not emotionally supportive at all (they let me know they didn’t care much for me), but gave me touch. I loved having my head on their breast by their heart with their arms wrapped around me. This felt good as I had no touch at home from my mom, but I never told my parents about being held because I worried they’d make it stop. (I found out recently that one of the youth ministers recently was in trouble with the law for grooming minors.) By age 18, I sought touch from women and wanted women to hold me like my youth ministers did. People asked me many times if I was a lesbian, to which I always replied no. Eventually, I married a man who is addicted to sex. I didn’t know he is an addict until recently. I believed my role in marriage was to be a sex slave. (I was taught that in childhood, and I was good at it, but emotionally absent to him and myself.) My husband and I were a perfect match. His acting out on me made me want to hide my femininity and turn to women even more, always seeking a woman to hold me and make me whole. Being in S-Anon has helped me bond healthily with women. Being a part of the Courage apostolate helped me realize I’m normal and to trust Mama Mary (BVM) to meet my needs. My husband and I have been married 29 years. Our relationship is much healthier now that I am healing and can say no to sex. Having a voice is healing my sexuality. I’m glad God never gave up on me. Female ssa friendships are so enmeshed. I would become addicted to the women and change my personality to try to keep her happy. I’m so glad I can now be authentically me. It’s a process but I have hope.
08/14/2025	35771858	I don't really want to "change" my sexual attractions per se, from homosexual to heterosexual. I just want to live a good, chaste life for God
08/06/2025	35748681	A feeling of greater integrity due to sexual abstinence contributes to improved mental health. Lack thereof to significant mental health deterioration.
08/05/2025	35745996	The concept of “who am I” made all the difference.
08/05/2025	35745931	Change is not always a straight line. There are ups and downs, but the direction has been clear for me. I still wrestle with attractions that are unwanted, but I have joy in my life and am able to address these challenges and put them in a greater context.
08/05/2025	35745726	At age 26 I realized I was addicted to sexual fantasy and behavior. I began 12-step recovery for sex addiction, motivated by self-preservation, to not die pursuing sex in dangerous situations. I had a spiritual awakening as a result of taking the 12 steps and returned to the church at age 42. I met with a psychologist for reparative therapy from ages 46-47. I have abstained from sexual behavior with self and others for over six years.
08/05/2025	35745263	I needed to go backwards in the survey to check my answers, but it didn't allow me to. Hopefully my answers are accurate. Most of your questions regarding identity didn't apply to me because of the culture I grew up in. A focus on the attractions/feelings rather than identity may have been helpful.
08/04/2025	35740836	Recovery from alcoholism in AA improved my mental condition, but turning to Christ and away from practicing homosexuality was and is the greater solution. I have a daily reprieve based on the maintenance of my spiritual condition.
08/02/2025	35736893	Test suvey

08/01/2025	35736228	The Church's teaching really woke me up to life's actual purpose, which does not include self indulgence
08/01/2025	35736193	I lead a chaste life as I am not capable of having an intimate relationship, either with a man or woman. my two brothers are not capable as well and they are both heterosexual.
07/31/2025	35734990	The 15+ years that I was in a lesbian relationship, I lived a double life. My relationship and struggle were hidden from everyone. I did not want to embrace my lesbianism, but I could not change the way that I felt. Jesus was the answer for me. I am now living life with peace, contentment, and freedom from sexual guilt and shame.
07/27/2025	35725366	I've been in the twelve step program since 2011 but Christian ministry and small group helped me the most in reconciling sexual orientation.
07/24/2025	35720758	Overcoming identity issues are complex, I am free from ssa, however, in the areas where I can take better care of myself, such as losing weight, if I see a physically fit man, I wrestle with wanting to BE that man, not have him, and understanding the dynamic has helped me to be more determined to take better care of myself. Understanding what I was experiencing really freed me from false thinking.
07/23/2025	35718524	I have had several people passway in the past few months and I attribute that to my depression at this time... I working through the greif with God's grace.
07/23/2025	35718439	I spent over 30 years in Gay lifestyle, it took one day for my understanding to be transformed with Jesus showing up and causing scales to literally come from my eyes for me to see the truth He offered me to have a new Identity, I see that the only one that can give me Identity is the one that created me from birth. Jesus showed up and delivered me from a long time relationship. Praise Jesus
07/23/2025	35717745	I heartily recommend effective, Christian-based psychotherapy. It's a travesty that supposed professionals are timid and not speaking about this need that can be addressed. In effective therapy, the client learns to attach and bond healthily with the same-sex therapist; deal with underlying, contributing factors to the confusion; become grounded in his or her physical maleness or femaleness; and become invested in healthy relationships. I experienced transgender feelings from early years and believe dynamics in my family, and my childish interpretation of those dynamics, set me up for confusion. During young adulthood, I lived homosexually and took on a gay identity. I see my same-sex attraction as a drive to repair the confusion in my soul. With the help of Living Waters ministry as the catalyst; skillful, change-allowing therapy; and quality friendships with other men — slowly over time, the transgender feelings evaporated and are not a problem. I am grateful to God that my skillful therapist and compassionate, truthful persons in my church – especially those in Living Waters circles and pastors – have held out hope for me, related to me and supported me on my sanctification/transformation path. I know for a fact that transgender feelings and homosexuality are changeable and fluid.
07/22/2025	35715605	I have pretty consistent resources in place to make for a healthier version of me. I maintained good habits, in general, for my mental/emotional health, which includes personal worship, church fellowship, great friendships, and a good relationship with my husband. One area that reveals an ongoing brokenness is my relationshp with food. This is an active addictive cycle and shows me that some things are not well-addressed. Still, the questions above were basically comparative. So, my feelings of being in an excellent place were compared to where I once was--NOT EXCELLENT.
07/22/2025	35714388	When I got truly born again through repentance unto Jesus and filled with Holy Spirit my life began to change - and counselling and church Fellowhsip and prayer and being in the Word of God daily transforming my mind along with Godly sales ex friendships my attractions began to lessen progressively over time. Healing prayer fro past abuses and hurts also brought healing.
07/21/2025	35712873	My change happened through the power of the Holy Spirit and my relationship with Jesus. I never went to counseling or therapy or ministry to overcome SSA. I received support via a women's Bible Study group walking with me through a journey after conviction by the Holy Spirit
07/14/2025	35691183	I made bad choices in the past, wasted time and energy doing countless beats, placing myself in danger, sexual addictions. It all brought deep inner conflict and sadness. I tried relationships with women, but I just couldn't manage a relationship, much less marriage or children. I knew I would only bring sorrow and pain. Just on 8 years ago, I stopped all sexual contact and chose celibacy as a way of living. I still get tempted, and things have come out of left field, but I'm still here. I have long suspected I was sexually abused by a family friend I was sent to stay with when I was 3 years old. The pieces of the puzzle are starting to fit, including a strong same sex attraction from age 5. Although I have no clear memory of sexual abuse occurring, my mother mentioned that when I returned home, I told her about "uncle Ronnie's" penis in the shower. More than 30 years later, I was able to correctly point out the house where I stayed. I have only just mentioned this to my older sister. She knows nothing of my same sex attraction and history.
07/07/2025	35671745	Religious stuff & moral stuff never worked at all for me - actually pushed me further into wanting to be gay. What has worked so incredibly well has been older men pursuing a healthy, giving & loving relationship with me.
06/23/2025	35635456	Still on the journey. All the stuff where "changing orientation" or trying to diminish the homosexual/bisexual desires/behaviours do not work. What works is people actually giving a fuck, helping you figure out how the gay/bi stuff & particular desires entered your life & healing relationship wounds.

06/23/2025	35633480	I've been in the public eye of Christian/Gospel music since I was a child - on the road by 12 years old - about the time I had a mild attraction towards the pastor's son, the pastor preached a very angry sermon around "gay people". For some reason, I took that association on immediately and it was only a few years later, in 8th grade I secretly checked myself in to Exodus. I knew if God was going to give me a musical platform, I couldn't be what that pastor said I was. It became an obsession. Long story short, in my sixth year, I was outed to my southern baptist campus, outed to the whole college - I also had a huge gospel deal at the time - an intern at the label heard, they dropped me. All of Nashville knew my business - I had not even KISSED a boy yet. No one reached out to say, hey, you realize this is not who you really are, right? No one helped. I escaped to LA. Rebelled. Started using drugs. Meth. Sex. Escorting. Contracted full blown AIDS - right at the height of my biggest career moment. I've been an out activist and have probably been in every gay magazine there is through the 2000s. I have had NO issue accepting myself. I'm now sober 16 years. From Meth. From alchohol. From cigarretts. From sex addiction. And now, I know the OCD, compulsive impulse so well that I just know that is all that SSA is. So, I haven't sought this for anything other than my own personal commitment to the truth. And this last month, it's been so easy. It gets easier because I'm just so clear that I am a fully functioning, naturally wired hetersexual man. As a matter of fact, some guy hit on me last week and I felt like my masculinity was offended - like I imagine a straight guy would feel. I see those moments as a constrictive experience of self-hatred, just like addiction is, and it just...clicks for me. I want to be in full integrety with my true self, and my spiritual journey. But I am also going to be by the most remarkable human I've ever known since my grandaddy until death do us part. And if death did do us part, I would never date another man again. I can't find them attractive because the gig is up - I see through it. I only see my own eroticized envy was the only thing ever at work. Over the last year, I'm so preoccupied with daily fantasies of women. It must translate because the exchanges I now have with women out in the world are...wow. Sometimes dangerous. And it makes me feel good. that they see me. For the man that I am. I know my situation is an extreme one, but there is NO truth in the gay lifestyle and there is NOTHING I did not do. I feel like GRACE is the only thing that landed me with the one and only positive, healthy, grounded, giving gay man I've ever met. I've read every Nicolosi book there is and I can't find our relationship in any of those books. I can't find my husband in any of them. He's never been permiscuious, lustful, self-loathing, any of it. I've the third relationship he's ever had and the third guy he's ever been with. He is love personified. We've literally never raised our voice to each other. So, interesting life I live. LOL
06/18/2025	35624965	My own Biblical convictions is what drew me back to God, knowing I had to make Him the foundation of my life. The SSA gradually fell away to where I no longer experience it. I can't say I am "sexually attracted" to men either, but if God brings one along I'm not dismissing the possibility of relationship or marriage.
06/18/2025	35624786	I was into drug methamphetamine addiction. That is still sometimes hard to shake off. I've had many relapses but continue to fight this stronghold in my life. When it happens I tend to hook up with men. Outside of the drug I'm celibate, ALWAYS.
06/07/2025	35603599	I hid my same sex attraction before, when it was more socially unacceptable. But i was not mentally affected by it. I felt lonely, as a minority that was not understood or accepted by society at large. But i was not mentally unwell because of this
06/06/2025	35603557	I worked in the porn and erotic massage industry. That's mostly why I had a lot of sexual interactions. I was very openly gay, there was no stigma to my job or behaviour. But I was unfulfilled with my sexuality and wanted to see if I could be in a straight relationship. I could feel that homosexuality was wrong. I became a Christian after I turned my back on homosexuality.
06/06/2025	35603467	- to detach myself from judgement, like Apostle Paul whom said I do not judge myself, knowing that this side of Heaven we only do so in part, was very important
06/06/2025	35600654	I only wish others could experience the freedom I've experienced, the total change in my general wellbeing, feeling of being content and so on and the joy I have with my family. Sex and sexual identity is not everything - not the God our society makes it out to be. I also answered 1 or 2 questions incorrectly but couldnt go back, you'll see that they dont line up probably
06/05/2025	35597418	What really helped me not pursue the same sex attraction and choose a homosexual lifestyle was understanding the root cause of mu behaviour in my early childhood and the emotional deficiencies that the relationship with my parents generated.
06/05/2025	35597373	Please note that I have not had a sexual experience with a woman but your form asked me to state the age that I did have an experience - I entered 16 which can be ignored. I also wish to state that my alcohol consumption has probably increased due to the fact that this process is just generally very stressful - I have lost friends and the media, government and health service talk as if I'm kidding myself. My own (non-religious) family don't support me either. It's lonely but I thank God for the internet to help me connect with others. Some of the best "therapy" has been with other guys who have similar parental issues as me. God bless you.
06/04/2025	35596802	My turn around has meant my life has been radically better. Lots of new challenges ahead n being married to a man but I did grow to feel attracted to him. I did not think I could have any change in my same sex feelings but as I addressed early childhood influences and trauma I did experience change. I would never want to go back to my earlier life.
06/04/2025	35596627	The biggest difference in my change journey came with I was set free from the compulsion to hook up sexually with men after secretly hooking up for nearly 30 years.
06/04/2025	35594927	I was surrounded by a group of very accepting, very loving - and often very challenging - young Christians, most of whom were Catholic. Their passion for holiness and their daily dedication to prayer set an example for me to follow. Having clear teaching about sexuality and identity around which to base my journey forward was imperative and it is this that for the greater part led me to convert to Catholicism. Needing to partake of Christ's own Body, Blood, Soul and Divinity healed me of my childhood sexual abuse and teenage rapes. Accepting Mary as my Eternal Mother helped me to find deep resolution around the pain of my abandonment and latter adoption as a baby.
06/01/2025	35586455	My journey was not just from bisexual (in my heart i was lesbian) to Heterosexual. It was more of God cleansing me from all the sexual immorality. He showed me what i was doing was hurting myself. He taught me how important i was made. My value through HIs eyes made the change.
05/29/2025	35579987	I have never been sexually attracted to women and have never had sex with a woman. My father was not physically abusive, but he is mentally and emotionally abusive. I think my attraction to men has always been a way of trying to bond with men as I could never bond satisfactorily with my father while growing up. My relationship with my mother was close and empathetic, with no tension.
05/21/2025	35564313	I was married to my first wife for 28 years. She passed away in 2018. I soon remarried. I am a Pastor and the Executive Director of an international ministry to help same-sex attracted Christians. I teach globally on this issue. I struggle daily with attractions to the same gender but work diligently to deny those feelings because of my religious beliefs.

05/20/2025	35563251	Having male friends who believed in me and supported me no matter what was key. Also, I read the easypeasymethod.org book and it was transformational because all of my acting out was online. Also, getting on buproprion in think alleviated a lot of the dopamine urge that was fueling my online activity that further increased my shame because I was fantasizing about abusing adolescent boys and felt it was very shameful.
05/16/2025	35553379	God is working and chains are breaking
05/16/2025	35552680	I'm new to this journey (4 months). I feel liberated that the urges/desire/cravings for male attention, affection, etc are generally gone. I dont think i'm yet fully heterosexual, but I've definitely seen a decrease in my desire to connect with other men sexually, and a slight increase in my awareness of women. Previously, men were in the foreground and women in background, now it feels like men are going into the background and women are coming more into the foreground. However, while there has been a major decrease in same sex sexual interest, there has only been a slight increase in opposite sex interest, while sexual interest still feels farther away.
05/15/2025	35551206	Having an intimate relationship with God through His Word transformed my heart which any human effort of intervention could never have done. However, clinically informed and evidenced based treatment for addiction and trauma were complimentary to my healing journey.
05/15/2025	35550980	Yes, I fit very neatly with Joseph Nicolosi Sr's model of homosexual development as a child and teenager. I identified as "bi" until the age of 19 1/2 or so. There was a lot of pressure to simply put myself in the "gay" box. I was told by other people that "gay" was who I was and I also took on the "gay" identity myself with a lot of enthusiasm. For some reason, once I took on that label, it was like putting on blinders and I mostly forgot that I had experienced attractions to women. When I "woke up" at 38, I remembered that I had experienced those attractions so I knew hetero dating could be an option for me. My sexual attractions have been changing with therapy and also I learned how to be friends with hetero guys, which helped me to see them more as "brothers" than sexual objects. Religion was not a factor in this change because I did not start attending church until after I "woke up." Christian faith has worked to reinforce the change but was not the catalyst.
05/12/2025	35544263	I turned my life and my will over to Jesus Christ in December 2009 and was immediately healed of homosexuality. I was made a New Creation and experienced the "Peace That Passes All Understanding." I lived under a mountain of SHAME for 40 years and it was GONE on that day. I was given a vision and called to "Let the Redeemed of the Lord say so, whom HE hath redeemed from the hand of the enemy." Psalm 107:2.
05/07/2025	35536174	In addition to being molested by a same-sex relative as a young child, I was also exposed to and eventually had regular access to pornography throughout my childhood.
05/05/2025	35532211	I was not interested in changing at the time but wanted to see if I could make my homosexuality line up with (be ok) with my Christian faith. In the end I could not and due to the conviction of the Holy Spirit began my journey towards celibacy. Meeting my husband was an unexpected blessing that happened after several years of depression, counseling, mentoring and healing from past trauma.
05/03/2025	35526037	Living by mercy to realize my masculinity makes me very happy
05/03/2025	35526016	It is by God's grace, my faith, and the work of the Holy Spirit, that I have been delivered from the same-sex bondage. My life has improved significantly since walking away from that lifestyle. You CAN have a fulfilling, meaningful life in Christ.
05/02/2025	35525894	It was rooted in my fundamental desire to belong and to feel loved and accepted by peers.
05/02/2025	35520510	Before I came to know the Lord Jesus Christ when I was 31, I was lost and had no identity. I believed the only way to experience love was to give myself away sexually and that was due to being molested as a child. I was always depressed before coming to Christ. I buried my feelings through excessive living, excessive spending and sexual activity, but I felt empty on the inside. I was trying to fill a void with everything, but God.
04/28/2025	35504849	My very recent month has been additionally painful due to some life stressors going on (changing jobs, found out my sister has metastases), Had I taken this survey a month or two ago, you would have seen a more peaceful version of me
04/28/2025	35502596	I've been on a healing journey... better understanding emotional wounds and neglect that affected my sexual and emotional growth toward maturity.
04/22/2025	35478688	Before Christ I only had the success of my social life and sexual exploits to bank my hope on... now, in Christ, I have access to a hope that outlasts my circumstances and feelings - although it takes work and focus to renew my mind in valuing that more than what I sense I might be missing due to misaligned sexual desires and relational circumstances.
04/20/2025	35468040	Having small group an large group leaders model health and hope week in and week out - so healing. They taught me how to invite Holy Spirit into everything. The Lord took my ordered, disintegrated self and brought wholeness - enough to reach through and past my goal to just be celebate and instead marry an excellent man and have two amazing sons with him. Our marriage is still going strong after 29 years.
04/16/2025	35448397	Having a safe place to talk honestly and allow a safe man to speak truth into my life and call out my true identity and destiny. Power of confession, addressing shame, and having a true and safe group and good friends to speak life and ask the tough questions, and encourage you as a man of God
04/07/2025	35338899	The feelings only arise when I get triggered by old memories or wounds. For example, feelings of rejection or inferiority by male peers will sometimes cause the feelings to emerge.
04/03/2025	35327988	When I feel anxious and depressed, I feel less aroused and attracted to men.
03/24/2025	35305438	Relationship with my God has given me the strength and understanding of who I really am.

03/24/2025	35305050	When I hit puberty, I experienced attraction to men exclusively with zero attraction to women. While I never seriously considered suicide, I did wish I was dead often. As I began to understand my childhood wounding and began to get healing in those areas, I began to feel more alive and more like myself. I started to understand my identity and my masculinity in ways I'd never before experienced. Things healed, and I began liking myself again instead of constantly partnering with self-hatred. One day, I noticed that my attractions had shifted, and it surprised me. For awhile, my attractions to women were super specific and usually eclipsed by my attractions to men. But gradually that has continued to change. I now rarely experience attraction to men, and instead, I experience a wide range of attraction to women. The idea of marrying a woman and starting a family is an exciting thought and one that actually feels attainable. So much has changed in my attractions and sexuality as a result of addressing childhood wounds with safe Christian leaders/mentors.
03/24/2025	35304794	I didn't go through therapy, but I did have a faith in Jesus and at church I had very supportive brothers in Christ and a wife who pointed me to Jesus, and a pastor who kept loving me through the struggle of finding truth and change.
03/23/2025	35301758	Was molested young age, during the ages of 19-22 I was sex trafficked into the gay adult film industry, was in a 13 year meth addiction, jail a lot because of drugs, now been married to my wife for 9 years have 3 kids and been out of the gay lifestyle for almost 13 years and sober for almost 13 years. Godnis faithful
03/23/2025	35301444	This question is quite rigid and does not fit my circumstances. More choices could be worked in. It took the Lord around a decade plus to address all the brokenness from my growing up period. I liked social skills except in sports. I had no same-sex relationships developed having grown up a tomboy. I related to boys, not girls. I used alcohol, cigarettes, and drugs to cope with stress. The Lord brought me my husband in answer to my prayer and we married and started a family long before my attraction to women was resolved. I've now been married for over 36 years and have 5 children. I have since developed appropriate same-sex relating skills. My children are all adults. We are now experiencing grandchildren. God is good.
03/22/2025	35300346	I had a pastor who did a lot of inner healing and discipleship with me.
03/21/2025	35299479	More depressed recently(month and a half) due to possible loss of job/ issues at work. Before that hadn't had suicidal level of depression for probably 10 years at least.
03/21/2025	35299453	I lived as a lesbian atheist for 30 years due to early childhood sexual abuse. Corrupt counseling worked to keep me in my lesbian life and addicted to medication. I began a spiritual healing journey in 2007 and in December 2009 was saved, healed, and redeemed by the Grace of God and the Power of Jesus Christ and literally became a new person in Christ. I experienced the Peace That Passes All Understanding and literally became a new person.
03/21/2025	35298850	It has been a painful journey at times, but I thank God for His kindness to me and that He kept drawing me back to Himself, so that I can identify as His beloved daughter now, and no longer having a lesbian identity.
03/21/2025	35298580	I was saved at 29 and when I started to read the Bible I understood who God created me to be and I repented of my lifestyle.
03/17/2025	35288693	In the last months I've been experiencing some serious physical health issues so the change in my mental and emotional health has to do with that. It ius not at all related to my sexuality.
03/16/2025	35286004	My experience of change isn't linear. After counseling I was attracted to a woman and had a brief relationship. I'm attracted to my wife but I have very little attraction to women in general. I always wanted romance with a woman. I fell in love with my wife. I've never had an emotional attraction to a man. My interest was strictly physical. I still have some attraction to men and sometimes use same sex pornography. I don't desire to have physical contact with a man except for fleeting fantasies.
03/15/2025	35284748	Even though same-sex-attraction is gone, I have not broken through to other-sex-attraction.
03/14/2025	35283871	My personal change came about after realising that indulging same sex fantasies was wrong, and praying and repenting.
03/14/2025	35283725	Ich hatte nie sexuelle Anziehung aber starke emotionale Anziehung und Verliebtheit. Körperlich war nur der Wunsch, die Frau bei der Hand zu nehmen sie zu umarmen und Zeit mit ihr zu haben. War sie nicht da, habe ich sie sehr vermisst, ich wollte immer bei ihr sein. Aber es war (noch) nicht sexuell. Das Vermissen war für mich schräg, weil ich bis dato dieses Gefühl abgespalten hatte. Das wusste ich aber erst nach der Therapie
03/14/2025	35283648	1) Understanding that the root cause is some form of trauma in childhood was key...up until that point I really didn't understand why I was same sex attracted. I knew God didn't create me that way, and that it was sinful to get into a same sex relationship, but was so confused as to why I had the attractions, so I chose not to think about it and just accepted I'd be single for my life. When I discovered the root cause, it was the biggest release from the burden of guilt. For me it was mainly caused by significant emotional neglect and lack of connection with my mother, and destructive father/brother relationships 2) Also, I believe there is a spiritual element that always plays a part in any form of addiction, SSA, or identity issues...so counselling without deliverance ministry can only achieve so much, and vise versa. Both are crucial to complete freedom. I actually saw the exact homosexual assignment against me in the spiritual realm, and it was amazing to see how it operated, and great to get rid of it. 3) Finding a counsellor who supported my goals was sadly incredibly difficult, and in my eyes that's a damning indictment on the Christian Counselling Association. To my mind they have become the Pergamon church - great at some things, but have taken on the doctrines of the world. And in a wider sense, I find it shocking that the world and the CCA were trying to dictate to me what I should and shouldn't want, especially with such a personal subject.
03/14/2025	35283647	It is in German language but maybe helpfull ... this is my storry https://www.bruderschaft-des-weges.com/nico.html
03/13/2025	35281580	I am anxious now because of the world situation, and the stress of getting older. Not because of identity issues. I have no children of my own - not because of sexual issues, but because I became a stepfather of 4 children, and my wife did not want more children I love my wife very deeply in every sense of the word.
03/12/2025	35280342	My same-sex atraction happen now when i feel overwelmed by stress, mostly in watching pornographic content or in feel of envy thowards men i would concider more successful than me
03/12/2025	35279212	Although I experience SSA, I do NOT let it define me. I'm defined by my identity found in my faith which is a child of God. No need for other labels.

03/11/2025	35277831	Started 12 step program age 45. Gave up drink, drugs and prescription medications. Got much clearer about my use of sex fantasies as an addictive escape behaviour. Committing to a Christian faith age 46 also made a big difference
03/11/2025	35277277	I think in the past I did not feel much and therefore have depression often or mental health issues but after quitting drink and other addictions all the pain of the past started coming up. Also I have had a particularly harsh month with old memories coming up to face.
03/11/2025	35276963	I have never really claimed any sexual identity, nor outwardly declared it one way or another. My journey has been to do with attractions and behaviour rather than an identity.
03/11/2025	35276732	That helps me the most is having frienship with me, without sex desire
03/11/2025	35276629	I'd say my homosexual attractions were primarily the result of lusts left and spiralling into more taboo forms - never an identity thing for me but a fascination with/desire to participate in certain acts. Maybe at times to feel more sexually desired, whoever that was from. Those desires feel a long way away. I've not seen any counsellor or therapist but have practised some associated disciplines including Christian meditation/contemplative prayer. I think it's been a combination of physical and mental wellbeing with improved general discipline that has helped.
03/11/2025	35276609	I came to know the Lord, and He brought me from darkness into His Light and began a wonderfull work in me, that is going on even today! I am a woman who can experience SSA and have fantasies, but the Lord will finish His work on His day!
03/11/2025	35276359	No not really
03/05/2025	35259534	It was precipitated by conversion from agnostic to Christian and culminated in conversion from protestant to Catholic by age 16/17. Symptoms of attraction to men were rooted in my father wound from his chronic depression and emotional absence during my childhood. SSA remained a background experience for me, though never fully "tempting" for most of my adult life. At about 35/36 I attended Desert Stream Living Waters and truly resolved the origin of the father wound and SSA has been completely absent since. In data analysis, you may prefer to say I was married only once. My first wife died only 18 months after we were married and we had no children.
03/03/2025	35255223	For many religiously motivated individuals such as me, successfully leaving behind a gay life has to be seen as more than merely refraining from having sexual partners. Your survey didn't discuss one of the persistent potential areas of negative behavior: that of compulsive masturbation and pornography use. I may have been able to refrain from sexual activity with a man for many years, but pornography and compulsive masturbation has continued to hound me. It would have been helpful to discuss as well the home life more in depth than merely physical or sexual abuse--in his book on sexual addiction, Mark Laasar writes about emotional and psychological abuse from our parents, which I endured at great length--I fall under the category of the smothering mother and distant father, a family focused on purity, where sexual sin was viewed as if it was the ultimate failure of virtue. With a controlling and manipulative mother, and a distant, harsh and judgmental father, survival for me became possible primarily through recourse to sexual acting out, in the form of masturbation. Without addressing the emotional, psychological and spiritual abuse (through guilt and shame) as contributing factors in the lives of people with SSA, your picture will be incomplete.
03/03/2025	35255117	I only didn't answer the suicide attempts questions because they weren't applicable as I never attempted suicide. I tried to navigate back to see if I answered the previous question incorrectly, but it didn't allow me to navigate back. Lastly, changing was a hope but not a goal. I did not feel great attraction to women when I married, but I stepped into it in faith. As we have progressed in our marriage, my sexual attraction to women has increased beyond what I ever imagined possible.
03/03/2025	35255051	My change journey is first a testament to Jesus' power in my life. He has guided me to people and books that showed me how he designed me, and opened my eyes to my heterosexual potential as a man. Although I'm still growing into my manhood, my life looks nothing like it did even one year ago.
02/24/2025	35228118	I believe that there were traumatic events in my early life that I cannot remember. Because of all the evidence that has accrued concerning abuse in my family, I answered two questions above based on this belief – that I was introduced to same-sex behavior at an early age by adults. On one occasion when waking from a nightmare I came very near to remembering one event, but my physical reactions (as if I were being electroshocked) were so frightening to my wife that I stopped trying to remember it. I decided there must be good reasons why so little of my childhood is accessible to me, and God will let me know what I need to know if and when I need to know it.
02/17/2025	35199899	Still same-sex attracted, but after 15 years of being chaste, it is virtually impossible/unthinkable for me to consider ever engaging in same-sex behavior again.