

Same-Sex Attraction

Symptom of Attachment Wounds,
Deficits and Needs

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What are sexualized attachments...?

When sexuality is fused with attachment or emotional energy.

Examples:

Trauma Repetition

Eroticized Rage

Trauma Bonding

**Analogous to magnetism or gravitational pull.*

The type of emotions or attachment issues underneath the attraction, will largely determine the direction, strength and variation of the attraction. The attraction feels “natural” because it is tied to emotional factors. The attraction pulls away from biological design.



A symptom not identity

Once same-sex attraction is understood as a symptom, it's easy to identify as a feeling not an identity. It's something that has happened, not something biological. It is something someone experiences not something inherent.

Sexual Fluidity

Both Lisa Diamond and Savin-Williams observed people who shift sexual attraction. This fluidity illustrates the dynamic nature of sexuality and provides further evidence of sexualized attachments.

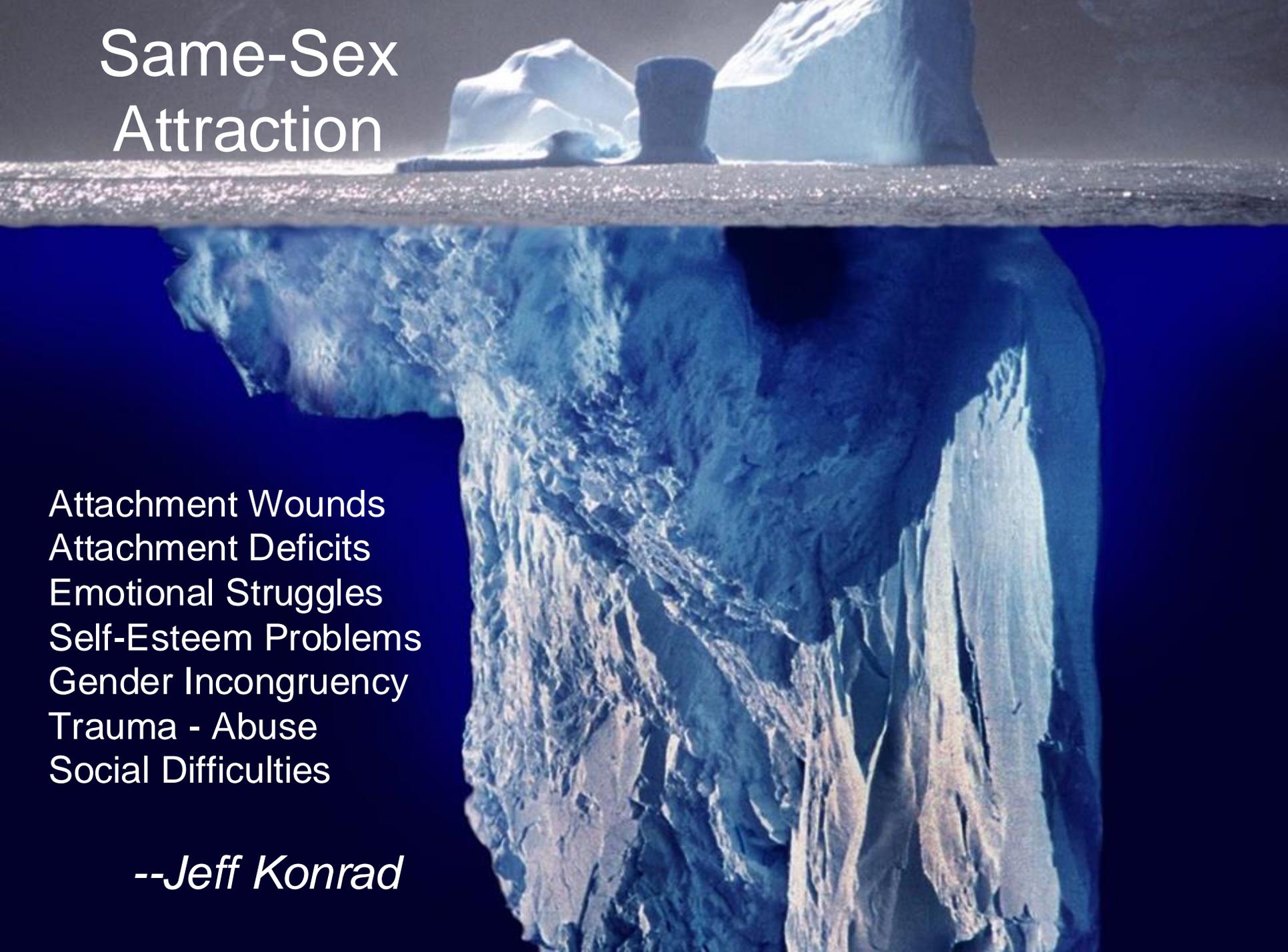
Diamond, L. M. (2009). *Sexual fluidity: Understanding women's love and desire*.

Savin-Williams, R. C. (2017). *Mostly straight: Sexual fluidity among men*.

Additional Features

Although same-sex attraction is often the client's presenting issue, the emotional undercurrents of sexualized attachments can create additional symptoms: low self-esteem, social difficulties, isolation, substance abuse, depression, suicidality, self-harm, PTSD, anxiety disorders, identity confusion, asexuality, sexual confusion, and compulsive sexual behavior or sexual addiction.

Same-Sex Attraction

An iceberg floating in dark blue water. The tip of the iceberg, which is visible above the water line, is small and jagged. The vast majority of the iceberg is submerged below the water line, appearing much larger and more textured. The water is a deep, dark blue, and the sky above is a lighter, hazy blue.

Attachment Wounds
Attachment Deficits
Emotional Struggles
Self-Esteem Problems
Gender Incongruency
Trauma - Abuse
Social Difficulties

--Jeff Konrad

Contributing Factors

Father Bonding

A young boy and a man are sitting on a couch, looking at each other in a warm, dimly lit room. The boy is on the left, and the man is on the right. The background is softly blurred, showing a lamp and some furniture.

Detachment from same-sex mentor leaves persistent attachment hunger.

1. Abuse
2. Absence/Abandonment
3. Emotional distance
4. Personality
5. Rejection

A woman and a young girl are sitting on a couch, looking at each other. The woman is on the left, wearing a light-colored sweater, and the girl is on the right, wearing a light-colored top. They are both looking towards the center of the frame. The background is a soft, warm light, possibly from a window.

Mother Bonding

Enmeshment creates over-attachment.
Detachment leaves attachment
hunger. Abuse creates blocks.

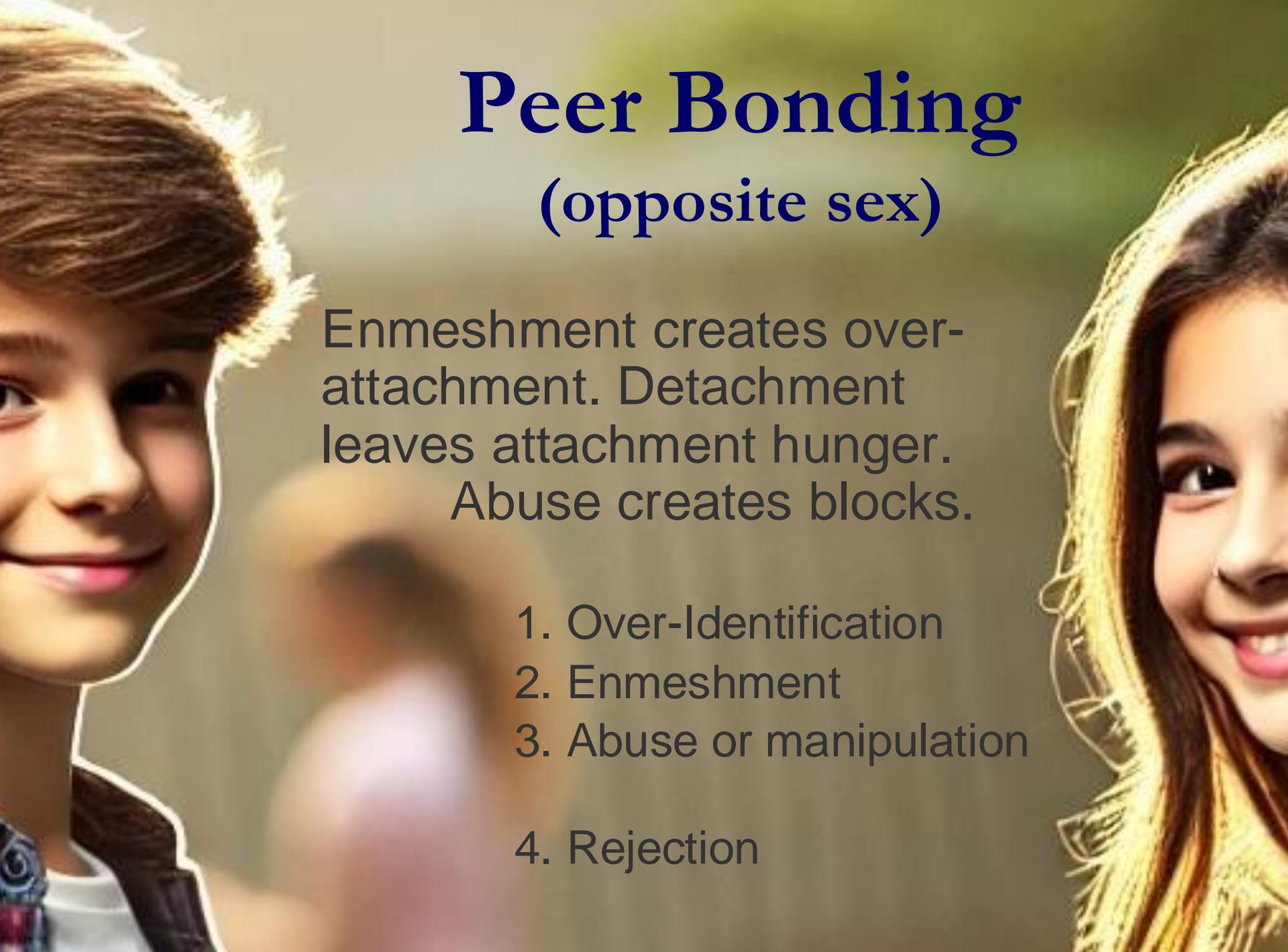
1. Dependency
2. Abuse or manipulation
2. Absence/Abandonment
3. Emotional distance
4. Incest



Peer Bonding (Same-Sex)

Detachment from same-sex peers creates attachment hunger to connect, belong and feel acceptance; perceived emotional distance - doesn't "fit in."

1. Isolation or absence (eg., moving)
2. Peer abuse (e.g., teasing, bullies)
3. Atypical interests/hobbies
4. Anxiety
5. Social difficulties



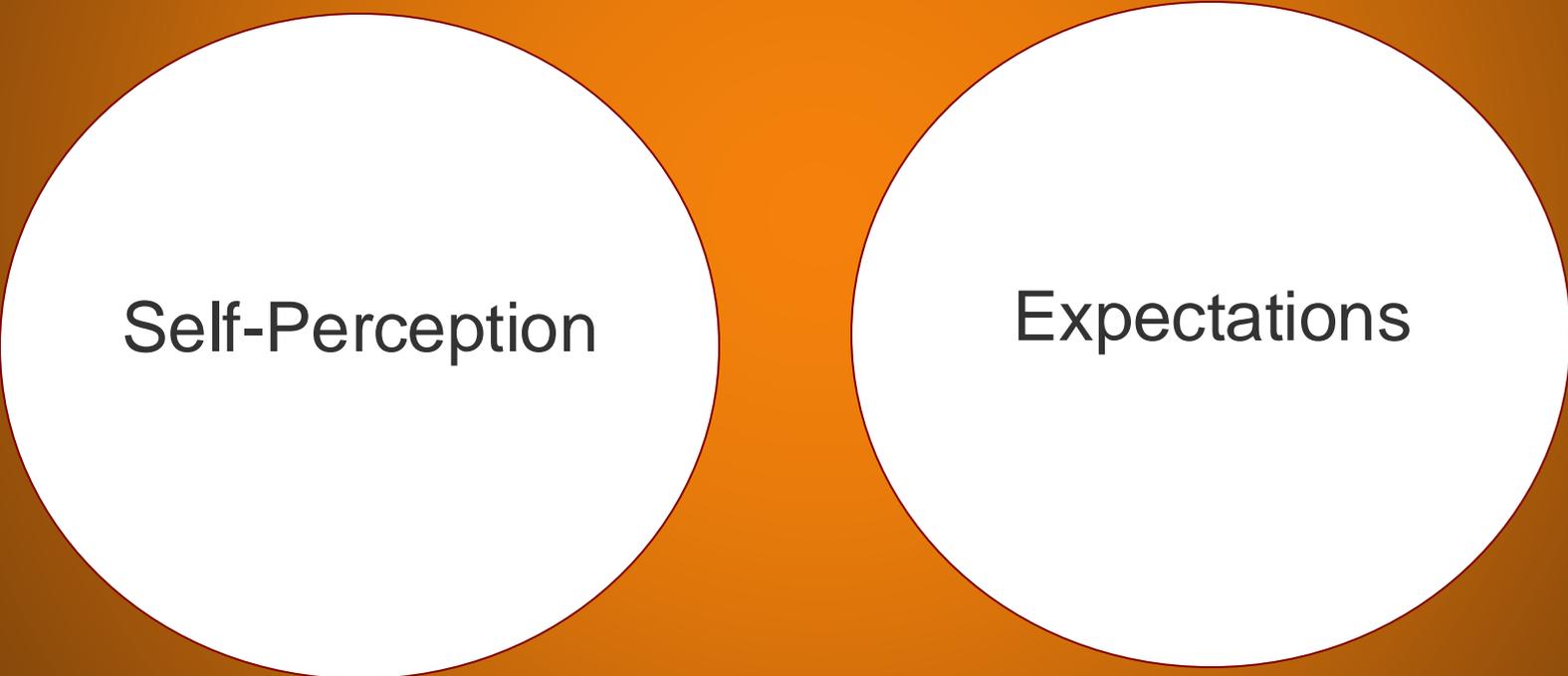
Peer Bonding (opposite sex)

Enmeshment creates over-attachment. Detachment leaves attachment hunger. Abuse creates blocks.

1. Over-Identification
2. Enmeshment
3. Abuse or manipulation
4. Rejection

Gender Incongruency

Self-perceptions and expectations are within the mind of the individual.



Self-Perception

Expectations

Gender Incongruent

**Same-sex attractions appear to be stronger for people who are more incongruent.*

Self-Perception



Expectations

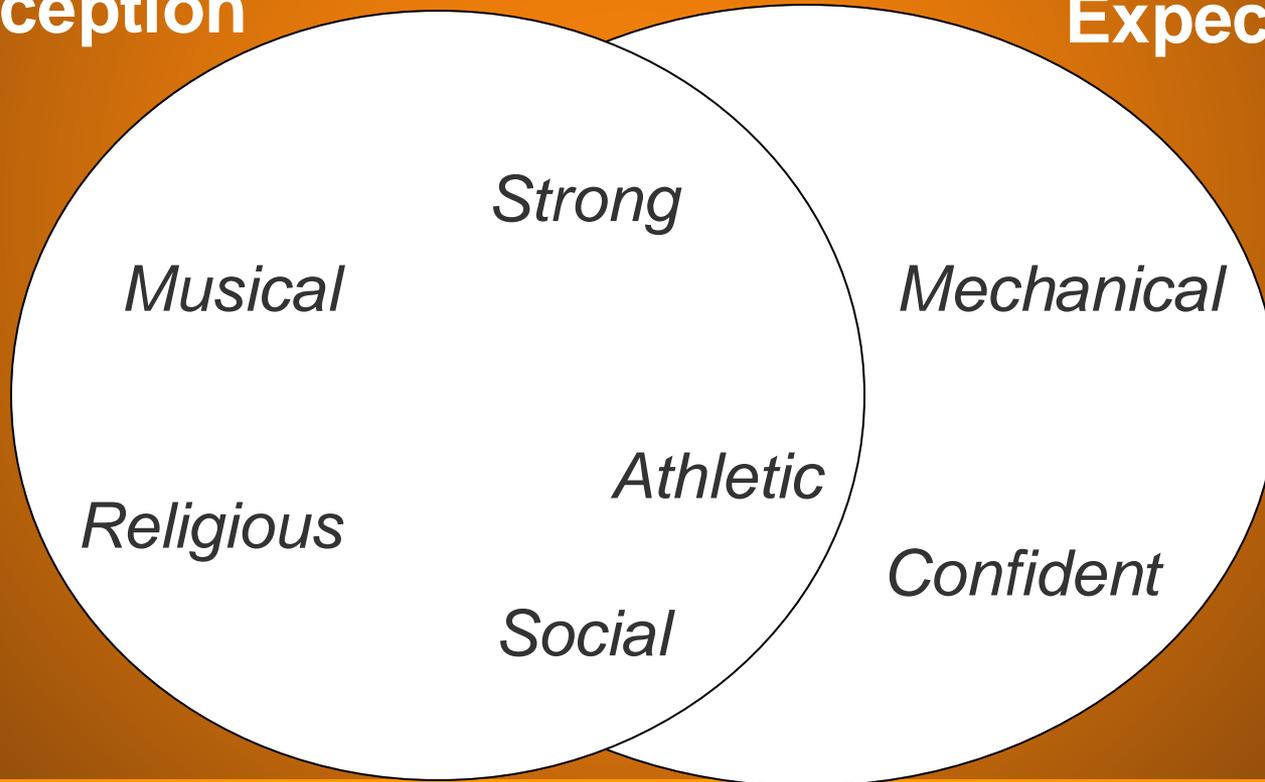


Gender Congruent

**Same-sex attractions appear to be lower for people who are more congruent.*

Self-Perception

Expectations



Gender Incongruence (female)

A girl's perception as different or inferior to her own idea of what's expected.

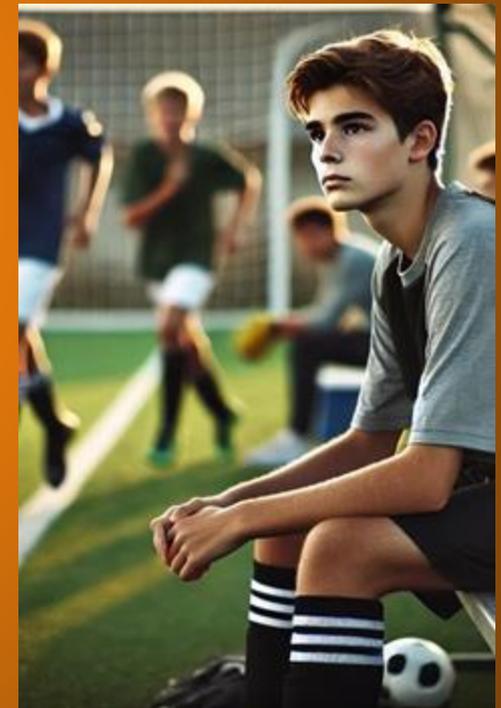
1. Crafting
2. Shopping and fashion
3. Nails and Hair
4. Clothes
5. Art and Music
6. Dance



Gender Incongruence (male)

A boy's perception as different or inferior to his own idea of what's expected.

1. Sports, active games
2. Scouting, clubs
3. Outdoor activities
4. Mechanics, building
5. Rough and tumble play
6. Science



Physical Affection

Healthy physical affection and touch are an important part of human connection throughout the lifespan.

Lack of physical affection creates a hunger for touch, while abuse creates confusion or fear of touch.

Sexual Abuse

Sexual abuse hijacks a child's legitimate need for attention, affirmation and affection. These normal attachment needs are then sexualized and creates confusion.



Misperceptions & Labels

Common youthful experiences are misunderstood and a child becomes confused about their sexuality. A filter is developed and they label themselves.

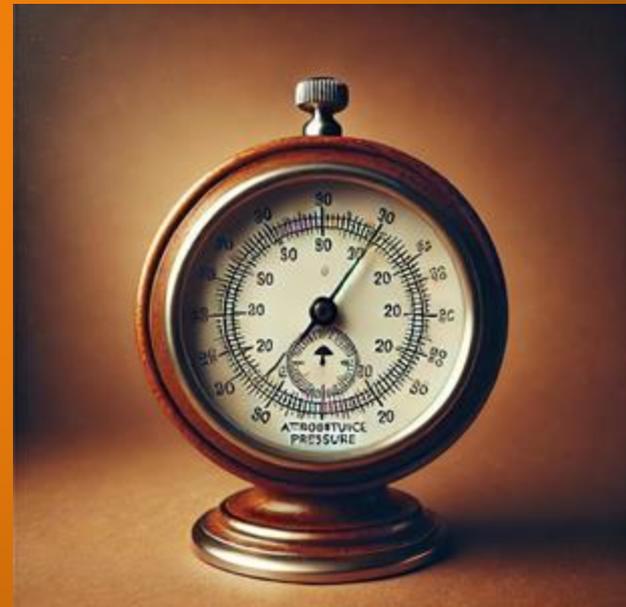
1. Curiosity experiences
2. Desire for affection
3. Physical arousal
4. Desire for close friendship



Preoccupation

Attachment wounds, deficits and needs will magnify underlying emotions which create preoccupation. This emotional pressure becomes sexualized.

1. Envy or Jealousy
2. Magnified curiosity
3. Comparisons
4. Anger
5. Idolization



Sexual Behavior

Sexual behavior strengthens the fusion of emotions and sexuality.

1. Pornography
2. Sexual encounters
3. Masturbation to fantasy
4. Experimentation
5. Molestation/Abuse



Genetic Dispositions



Dispositions can foster attachment difficulties and challenges.

1. Hyper-sensitive
2. Highly emotional
3. Creative/Artistic
4. Non-athletic
5. Musical

DNA

Genetic Research

“My Genes Made Me Do It”

by Dr. Neil Whitehead and Briar Whitehead

Over 10,000 genetic studies analyzed.

Whitehead, N., & Whitehead, B. (2015). *My genes made me do it: Homosexuality and the scientific evidence.*

Genetic Research

Bailey & Pillard (1991)

52% MZ twins

Bailey, J. M., & Pillard, R. C. (1991). A Genetic Study of Male Sexual Orientation. *Archives of General Psychiatry*, 48(12), 1089.

SUMMARY

Attachment deficits, needs or wounds can draw sexuality away from the path of biological design. Healing requires secure attachments and trauma resolution. Recovery requires extinction of unhealthy sexual behaviors or addictions. New attractions can then be developed.

Treatment Summary

- 1) Resolve attachment and emotional issues which created sexual confusion (including trauma).
- 2) Extinguish unhealthy sexual behavior, compulsions or addictions.
- 3) Develop new arousal patterns.

Treatment Objectives

- 1) Healing Attachment Wounding
- 2) Sate Attachment Deficits
- 3) Fulfill Attachment Needs
- 4) Extinguish Unhealthy or Addictive Behavior
- 5) Healthy Sexuality Education
- 6) Gender Congruency Development
- 7) New Arousal Pattern Development

Treatment Goals

- 1) Secure attachment with same-sex mentors.
- 2) Healthy attachment and boundaries with opposite sex caregivers.
- 3) Secure attachments with same-sex peers.
- 4) Healthy attachment and boundaries with opposite sex peers.
- 5) Healthy sense of gender congruency and identity.
- 6) Correcting misperceptions.
- 7) Resolution to emotional preoccupation.
- 8) Sobriety from unhealthy sexual behavior.
- 9) Correction of misperceptions.
- 10) Healthy heterosexual interaction and exposure.

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