

By J.H./ Chicago, Ill

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I am a 32-year-old woman who just finished her Master's Degree in Professional Counseling. I have experienced same-sex attractions since I was a child. However, sexual behavior with women and accepting a homosexual identity were inconsistent with my beliefs and desires for my life. I found a counselor who supported my choice not to be a lesbian. She acknowledged that she did not know how to help with homosexual attractions, as she'd been given no training since homosexuality was no longer considered a disorder in the secular world. However, she believed, as do I, that same sex attractions often come, at least in part, out of painful childhood events. She knew how to help with those. We didn't deal with homosexuality much directly, though I felt safe to talk with her about it. Mostly we explored the issues in my life that we both thought had contributed to my same sex attractions, including lack of connection to an emotionally volatile mother, a father who saw women as inferior to men, and a negative view of heterosexual relationships because of my parents' unhealthy marriage. As we dealt with these issues, my sexual attractions to women lessened. They are not entirely gone, but they are far weaker and less frequent. I am beginning to dream about having a romantic relationship with a man. However, if that never happens, I am content. I have become confident. I feel whole and at peace and have less pain and depression. I am incredibly grateful for a counselor who did not insist that the only path to healing was to be a lesbian, a path that was not an option for me. I want to offer my counseling clients the same safety and freedom of self-determination that was so crucial to me.