

## **How Therapy Gave Me Optimism about My Future**

*by Don D. from Texas*

I am almost 56 [written in 2012] and I only started with interventions that worked to help me overcome my same-sex sexual attractions when I went to an experiential weekend (Journey into Manhood) in 2009. Before that I had been in an Exodus program for about three years, trying to "pray away the gay." After the weekend, I decided to continue the experiential process work of JiM by hiring a mental health counselor to work with me. In less than three years, I was able to transform my emotional responses to events that previously triggered me, in other words, the SSA rarely showed up and if it did I learned to turn it off like turning a switch. Because of the work I have done in therapy, I now have multiple non-sexual close friendships with men. All my relationships with men before my work had been dependent and unhealthy. Ironically I now have the relationship with God that I always sought when I was in Exodus. I have experienced enough change to make my life 100% better than before as I learned how to deal with my true inner needs in satisfying healthy ways. I don't know how much more change will happen to me but I am excited about my life and now look forward to the future.