

## **What are mental health professionals saying?**

*A mentor is a male who functions as a teacher and a guide. When you find someone with experience and proficiency in a part of life you would like to improve in, and when that person is willing to help guide you into more expertise in that area, you've found a mentor. Mentoring is a valuable experience, which satisfies a legitimate need. The technical benefit will be an increased confidence in your masculinity and a deepened security in your gender identity. Remember, gender identity is your sense of yourself as being masculine, and masculinity is enhanced each time you conquer an old fear and adopt a new form of behavior. I am convinced that healthy, intimate relationships are the key toward outgrowing homosexuality. And those relationships are best found among believers. It is the church which becomes your prime resource for relationships that build you up, encourage you, and promote your healing. Shun the church and shun your own healing.*

—Joe Dallas, counselor and author of *Desires in Conflict*.

*Mentorship is very important in the recovery of SSA, regardless of your age.*

—James Phelan, psychologist and author of *Practical Exercises for Men in Recovery of Same-Sex Attraction*.

*SSA is really the sexualization of the natural need for a mentor.*

—Dr. Joseph Nicolosi, psychologist, founder of NARTH (National Association of Research and Therapy of Homosexuality), and author of *Reparative Therapy of Male Homosexuality*

## **What are others saying?**

*One of the greatest things about establishing such relationships is that you'll discover how very much you're just like the other guy.... Only by relating to other guys in healthy, nonsexual ways, did I make the wonderful discovery of how much we have in common, including ordinary emotions. This is part of the healing process. Let yourself find out what feelings are mutual among straight guys. Relate to them, listen to them, learn from them, and receive affirmation from them. In short, identify with them. I don't think you could ask for a better payoff than the realization that you're more like them than you ever thought possible.*

—Jeff Konrad

*If you are not involved in a church, I strongly recommend that you find one. Never underestimate the power of a healthy, God fearing church body to give strugglers the support they need to overcome homosexual attractions. I ached physically from all the emotional turmoil. But several Christian men made themselves available any time of the day or night. I'm alive today because those guys loved me.*

—Jeff Konrad

*I knew that if I merely dropped Randy off at church and told him to meet people he would surely die on the vine. So our family became the loving hands of Christ extended to him. Randy spent countless hours over at our house. He participated in all of the activities that made up our family functions and holidays, including doing dishes and taking out the trash! Of course we all enjoyed worshipping together in church, and studying the Bible in Sunday school, but it was the day to day love we gave Randy that gave him the confidence he needed to succeed in his new life. It's been 12 years since Randy made the decision to leave homosexuality, and he is now married to a lovely woman and has two sons.*

—Lenny Carluzzi (from *Loving Homosexuals as Jesus Would* by Chad Thompson)

*Forming this kind of mentoring relationship is essential to getting beyond an 'ex-gay' mindset. When the men who are overcoming homosexuality are accepted by other men in the church, a huge amount of healing occurs.*

—Ken Korver, senior pastor of Emmanuel Reformed Church in Paramount, CA.