

## Small Group Guidelines

1. Keep your sharing focused on your own thoughts and feelings. Limit your sharing to three to five minutes.
2. There will be NO cross talk. Cross talk is when two individuals engage in conversation, excluding all others. Each person is free to express his or her feelings without interruptions.
3. We are here to support one another, not “fix” one another.
4. Anonymity and confidentiality are basic requirements. What is shared in the group stays in the group. The only exception is when someone threatens to injure themselves or others.
5. Offensive language has no place in a Christ-centered recovery group.

### Accountability Team Phone Numbers

Sponsor: \_\_\_\_\_

Accountability Partners:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Celebrate Recovery®

## SAME SEX ATTRACTION

The Problem and Solution for Women

## The Problem

There are many different elements that may have played a role in how we, as females, came to experience sexualized feelings for other women. Some of us were emotionally, physically or sexually abused as young girls, and subsequently became confused about our sexuality. Commonly, for women who experience attraction to other women, there was an emotional disconnect or absence from our mothers, fathers, or both parents as we grew up, inherently rendering us unable to identify with femininity in our prepubescent and teenage years. We most likely also experienced a lack of affirmation from either or both parents which contributed to our flawed concept of what God intended for our sexuality. We sought after sexualized and emotionally-dependent relationships with other women in order to fill the hole we felt in our hearts as a result of the emotional disconnect with our parents.

Many of us were more interested in masculine rather than feminine traits, and male-dominated sports, hobbies and careers, as a pleading effort to grab the attention of our fathers. For many of us, there was/is also a nagging and painful contusion in our spirit where we carry the burden of various family members causing us to believe that boys and men are more valuable than girls and women. This erroneous belief conveys another reason we've been more susceptible to embracing male traits over feminine traits.

For others of us, we viewed our mothers as weak because they were abused by our fathers or some other male figure and were unable to save themselves; or failed to save us from abusive male figures in our home, therefore, we refused to take on feminine traits or roles as a means of keeping ourselves safe from men, whom we saw as harmful. Many of us formed a hate for men as we ran after our fleshly desires for women, and somewhat formed a pack with other members of the lesbian community to shun most men from our lives as a way to "prove" we didn't need them for anything. Being part of this close-knit society allowed us to finally feel special just for being female and now finally, we didn't have to prove ourselves better than men.

Our unhealthy thought patterns attracted us to others who were just as unhealthy, which was a breeding ground for the dysfunctional, emotionally-dependent and codependent, sexualized relationships with which we identified ourselves.

We struggled to replace the absence of healthy relationships with our female friends and family members with these unhealthy relationships. We nurtured and fueled each other's addictions and dysfunction. Some of us were even believers in Christ while pursuing same-sex relationships.

We knew it was wrong but became trapped in the dirty bandages that held our two wounded hearts together. We were frozen with fear and stuck in these sinful relationships, not knowing how to get out of them and make things right with Christ. We tried to ignore God and claim happiness, knowing deep down we were lying to ourselves and everyone around us. We felt a void in our lives and prisoners to a wounded soul.

## The Solution

We admitted that, in our own strength, we were unable to change our thinking or behavior. Acknowledging God's design and desire for our sexuality, we began to face the root causes of our same sex attractions.

- Commit to Jesus Christ and the 8 Recovery Principals.
- Form an Accountability Team: Sponsor, Accountability Partners.
- Attend Large Group, Open Share and Step Study Group.
- Commit to a daily quiet time in The Celebrate Recovery Bible.
- Learn about your addictions and compulsive behaviors!
- Identify triggers.
- Avoid people, places, and things that tempt your addiction.
- Understand the root of each core issue you identify with and become willing to experience grief, forgiveness, and acceptance.
- Accept God's standards for sexuality.