

Reframing a Same-Sex Attraction Using the MANS Principles



WHAT IS REALLY GOING ON? (Authenticity)

- ❑ What are you really attracted to?
- ❑ When are you more attracted to him?
- ❑ What are your stories about him?
- ❑ What are your stories about you (compared to him)?

WHAT ARE YOUR REAL NEEDS? (Need Fulfillment)

- ❑ What does your attraction to this specific man in this specific moment reveal to you about what your real, underlying (unmet) needs might be?
 - ❑ Confidence? Friendship? Connection? Self-care?

WHAT DO YOU NEED TO SURRENDER? (Surrender)

- ❑ What does your attraction to this specific man in this specific moment reveal to you about what you might need to surrender?
 - ❑ Harmful self-judgments? Harmful comparisons to other men (putting them on pedestals)? Distressing beliefs?

STEP INTO YOUR GOLDEN SELF (Masculinity)

- ❑ Recall a time when you felt the strongest, most confident, most loved and loving. “Remember” it in your body, not just your mind. Feel it now.
- ❑ Imagine yourself in his presence again—but this time when you are in your Golden Masculine State. Notice what changes

Let SSA be your teacher, not your enemy.

Notice what it can reveal to you about you -- especially about your unmet needs, unhealed wounds, and harmful beliefs