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Gay Men

Finally Explained

YOUR TWENTY MINUTE GUIDE TO A BETTER
UNDERSTANDING OF SLIGHTLY DIFFERENT MALES

GAY MEN FINALLY EXPLAINED

Your 20-minute guide to a **better understanding**
of *slightly different* males

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INTRODUCTION

Most males who drift into the gay community are not fully aware of the diverse range of personalities they will encounter while associating with gay men. When reading *Gay Men Finally Explained* you will see that the three males featured later in this book each have their own unique and quite different kind of personality.

All three gay males do, nonetheless, have one thing in common. Each of them has adopted some rather peculiar notions regarding their sexuality.

CHAPTER ONE

Are Some Males Born Homosexual?

Many people have over the years asked me why are some men homosexual? Although this topic appears to be very complicated, it can be quite simply explained.

In my free ebook download *Gay Men Explained*, I write:

It appears scores of males are born with a tendency to be inspired by the muscular physiques of other men. Some males, however, are also sexually attracted to other men.

For centuries people have puzzled over why some men find other men sexually appealing. Millions of gay men even believe they were born with specific hormonal or biological differences that steered them towards homosexuality.

Although some studies do suggest that a small percentage of males may be born with a tendency to be attracted to other males, to date, however, there is no scientific explanation as to why millions of men are gay.

We would, therefore, be wise to presume that being homosexual is not something the vast majority of gay men are born destined to become. This suggests that homosexuality, itself, may simply be nothing other than a learnt behaviour, its origins not all that complicated and quite easy to explain.

If we study males, we will clearly see around 10% of them are highly susceptible to showing various forms of rather uncommon behaviour. This is due to the fact these males, at birth, are equipped with a 'slightly different' kind of emotional programming. Although next to none of these rather unique individuals are born gay, a small percentage of these *slightly different* males will consent to having sex with other males.

If we go to Thailand, we will see this country has many Thai ladyboys. As I clearly show in my book, *Thai Ladyboys Finally Explained*, Thailand's ladyboys are not born ladyboys, but become ladyboys due to many reasons, including their cultural and spiritual upbringing. In a similar way, gay men are not born

gay, but will show homosexual tendencies due to such things as their uniqueness; their individualism; their likes; their dislikes; their hidden ambitions and their very own ways of thinking. Their homosexuality then deriving from nothing other than them being just a slightly different male who personally believes, 'sex with men is more desirable than sex with women'.

Until there is a more plausible explanation for mass homosexuality, I believe my theory that most gay men are just 'wired differently' – and consequently 'think differently' – is therefore the most likely explanation for their homosexual behaviour.

THE JOURNEY

The vast majority of gay men are not born gay. Therefore, those gay males who often display lady-like hand gestures and more feminine ways of walking and talking, are simply showing a kind of learnt behaviour, usually adopted and practised with the aim of drawing attention to the fact that they are gay.

The journey most gay men take to becoming homosexual is usually as follows: Males are often highly-sexed and at ages of about 12 or 13 they begin to have sexual fantasies. All males have the occasional fantasy where they imagine themselves having sex with another male. As they reach the ages of about 14, 15 or 16, males begin to more frequently fantasise about sex with girls.

Some guys, however, don't dismiss their same-sex fantasies as 'silly notions'. These young males fantasise about homosexuality for longer than most other males. They may not be aware that many of their male friends have started to more regularly fantasise about sex with girls. Or, they may have been influenced by gay friends or male porn literature, further encouraging them to keep fantasising about homosexuality.

More than likely, however, these young males are just *slightly different* and think fantasising about sex with men is more exciting than fantasising about sex with girls.

At some point, these *slightly different* males will experience some form of sexual encounter with another male. If they find this act pleasurable, they will most likely transition from being a fledgling gay guy to an active and consenting homosexual.

CHAPTER TWO

The Emotional Side of Being Gay

Those of you who have read my free ebook download *Gay Men Explained* would have noticed I talk about the emotional well-being of gay men. There is a reason for this.

Because of their *slightly different* emotional programming and rather diverse ways of thinking, many gay males are often their own worst enemies. This is only to be expected as statistics do show gay men's suicide rate is three times higher than that of heterosexual men. Gay men also suffer more frequently from Bipolar Disorder, Schizophrenia, Autism, Generalised Anxiety Disorder and Depression, and have a far greater use of medical suppressants than do non-gay men.

The internet featured a brief article regarding this very issue on 15 November 2017. It came under the title of, *Same Sex Couples, Why They Feel Devastated and Hurt*. This article was referring to the hotly-debated topic of gay marriage equality in Australia.

In this article a young gay woman commented about the high rate of homelessness and suicides among the Australian Lesbian-Gay-Bisexual-Trans and Queer community.

She stated, "Marriage equality is just one issue that faces our community. There are so many other issues that are bigger and more important. Trans-youth suicide rates are out of control. Homelessness among trans-youth is out of control. 40 percent of homeless youth are queer".

This alert and brave young woman went on to say, "There's so much more that's going on that we really need to start paying attention to."

I could not agree more.

There are indeed other issues far more important to gay people than gay marriage equality. Making gay marriage more socially acceptable will not change anything. Gay men will sadly continue to 'pop themselves off' at an alarming rate. It's also only a matter of time before the novelty of gay marriage wears off and the gay divorces start rolling in, as they surely will.

The male gay community is, sadly, full of emotionally-distressed males: and all gay males would be wise to acknowledge and focus on this, instead of pretending 'everything is sweet' because of the 'yes' vote for gay marriage equality.

CHAPTER THREE

How to Beat Social Rejection

Many homosexual males experience a certain level of social rejection. It is important, however, that gay males see that to a degree some of them help create the social rejection and abuse they sometimes encounter.

One of the biggest mistakes many gay men make is that they believe '*everyone must know they are gay*'. They often show their gay side by the things they say and the way they walk and behave. The problem with their display of homosexuality is despite the 'yes' vote for gay marriage, a very large number of the population don't like gay men.

Many societies still see homosexuality as unethical and just another form of sexually-perverted male misconduct. Some societies even group it together with such behaviours as child molesting, under age sex, rape, exposing oneself in public and being an unfaithful partner.

I also believe many heterosexuals may be born with an innate tendency to dislike male homosexual behaviour.

This does not mean that gay men should hide or lie about being gay, but it does suggest the *less gay* they behave in public, at work and when walking down the street, the less criticism and social rejection they are likely to encounter.

CHAPTER FOUR

Everyone Must Know I am Gay

COUNSELLING SESSION ONE

X was gay and had a real problem. He was always in fights with heterosexual men because of his gay antics and had become unpopular within the gay community. He was even arrested by police the morning of our first appointment! X's parents were not happy.

Although I am not a qualified therapist or psychologist, X was brought to me by his uncle for guidance.

X was gay proud, like many gay men, and believed it was 'important that everyone knew he was gay'. When I asked him, "Why is it so important everyone knows all about your sexual preference?", X was confused. No one had ever encouraged him to question the logic of his thinking.

So, when I got X to **repeatedly** and **aggressively** question himself, "Why is it so important everyone knows I am gay?", he started to see there was clearly no reason why people needed to know he was gay.

In making this observation, X took a major step toward improving and changing his life, simply because he stopped believing his silly notion that made no sense at all.

Now, much more at ease, he felt less compelled to display any kind of overt gay behaviour.

Then, with a little help from me, X was able to adopt a more sensible way of thinking: "It's ok to be gay – but I just don't need to **act** so gay".

I then encouraged X to add some self-coping statements to his thinking, repeating to himself many times, "The world does not need to know I'm gay. It's not important that people know I'm gay."

We worked together for several sessions and in the end X was much happier; he had no more fights with heterosexual men, fewer hassles at work, was popular once again within the gay community, and was more socially accepted by the general public.

Even though he stayed in the gay community, X's parents were now pleased and more accepting of him.

CHAPTER FIVE

I've Only Ever Wanted to Be a Woman

COUNSELLING SESSION TWO

Not all gay men are like X, thinking that everyone needs to know they are gay. Some males within the gay community would sooner keep a much lower profile. Some of these types, in the first instance, are not even all that interested in males!

This was the case with a guy we will call Bro. Like me, Bro was a New Zealander. He was of Māori decent and was brought to me by his niece. We will call her Sissy. She told me her Uncle Bro was having real problems. Not only had he gained a massive amount of weight recently, but Bro was also becoming a virtual recluse, even reluctant to communicate with family members. I tried to talk to Bro, but he seemed more willing to just use hand gestures, pointing to Sissy to answer for him.

Straightaway I could see what the problem was. As I write in my free ebook download *Transvestites Explained*: 'As we age we lose two things we all dearly cherish. Our youth and our youthful looks'. Both these losses were evident with Bro, but there was something else I had picked up on. Due to his age, Bro was possibly losing his ability to talk with a woman-like voice.

I suspected this was his underlying problem for the following reason. When I asked Bro if he had ever had a long-term relationship with a man, he chose to speak for himself and stated, in a rather strained voice, "I have only ever wanted to be a woman."

Hell, I was floored by his comment.

Here I was asking Bro about his homosexual behaviour, and completely overlooked the possibility that Bro, for many years, may have suffered from Gender Dysphoria, and had only ever really desired to be a woman.

Therefore, Bro's reluctance to converse with others was due to his deepening voice, being a dead giveaway of his actual male identity.

Whatever sexual relationship Bro had with men was likely not all that important to him. His priority was to be lady-like and, therefore, he would have seen sex with men as just a way for him to express what he thought was the natural way a 'lady' like him was meant to behave. I go a lot more in-depth on this very topic in my free ebook, *Thailand's Ladyboys Finally Explained*.

From a counselling perspective, I learnt from this session: 'look before you leap', and never assume a male acting lady-like is necessarily a gay guy. This person may be genuinely confused regarding their gender (Gender Dysphoria), and like Bro, think they were meant to be a woman.

Most gay males, however, don't have Gender Dysphoria and despite some gay males constantly acting lady-like, most gay males know what sex they are. Many of them would not approve if it were suggested that deep inside they secretly desired to be a woman, even though the way they talk, walk and behave could suggest some gay men may secretly desire to be at least 'half woman' – a milder form of Gender Dysphoria.

I saw Bro several more times after this session, and he could see 'the game was up'. Due to his age, 51 at the time, he could no longer hide from his gender. While I was happy with the outcome of our sessions, Bro was ecstatic! Bro was less stressed, out and about again and more willing to associate and converse with friends and family, regardless of his older looks and deepening voice.

This was a great outcome.

CHAPTER SIX

K was Depressed

COUNSELLING SESSION THREE

K was very depressed as his boyfriend had ended their relationship by telling him to 'sod off'. K had really taken this to heart.

I firstly showed K that if he changed the way he was thinking, he would change the way he was feeling.

K was a clever guy and could see his notion, "It's horrible my boyfriend has 'given me the boot', and this is the worst thing that could happen to me", was creating his depression. Sadly, like so many, K did not know what to do about his 'over the top' kind of thinking.

So, once I established K was not suffering any kind of inborn mental disorder and was not on alcohol or drugs, I then got straight down to business.

I got K to **repeatedly** and **aggressively** ask himself, "Why is it so bad my boyfriend has 'given me the boot' and where is the evidence this is the worst thing that can happen to me?"

Despite being educated, K had never previously questioned the logic of his thinking. However, when he did question his thinking, he quickly saw that while his boyfriend 'giving him the boot' was not good, it was not that horrible, not 100% bad, not the end of his world and certainly not the worst thing that could happen to him.

Once K could see this, he stopped believing, "It was horrible my boyfriend 'gave me the boot' and that it was the worst thing that could happen to me."

More relaxed now, and thinking more rationally, K was able to adopt the correct philosophy, "It's unfortunate my boyfriend had 'given me the boot', but things could always be worse."

Identify what you are thinking when distressed and then dispute, question and challenge any thoughts you feel may be upsetting you. Seriously question the logic of your thinking. Keep doing this until you see you have been thinking a little foolishly.

Once you make this observation and no longer believe your unhealthy thoughts, you can then move on to adopting a new and more sensible way of looking at things.

At the same time, you will further improve your emotional well-being by adding rational self-coping statements to your mental health programme and then repeating them many times: “My boyfriend has ‘given me the boot’, and that’s very sad, but I can handle it. It’s not the end of my world. **I can – I can – I can still be happy** even though my boyfriend told me to sod off.”

Despite the occasional bouts of backsliding (two steps forward, one step back), K learnt to live a much-improved lifestyle and a happier and fulfilled existence.

CONCLUSION

Because of their *slightly different* emotional programming and rather diverse ways of thinking, many gay men seem prone to adopting ideas that are not so sensible. However, I am sure you can now see that with a little assistance and practice, gay men can usually think their way out of their emotional hang-ups. They are then able to see their way through the emotional haze that has many of them trapped in a prison located within their minds.

The human brain is a very powerful and complicated piece of apparatus. This is clearly evident with millions of gay men whose vast array of behaviours and emotional hang-ups are simply an everyday part of their gay lifestyles.

I am by no means saying that all gay males are hung-up. Many of them, however, are emotionally challenged.

I have helped many gay males and their families overcome their emotional hurdles. I am mostly in New Zealand or Australia and can be contacted from anywhere via this website for questions, one-on-one sessions, over the phone advice and live group talks, as well as radio and television interviews.

I wish you good luck and joyful living.

Brian O'Donnell

Suggested reading:

- *How to Be Happy and Sane Despite the Rain* - Brian O'Donnell (Amazon Kindle download)

The following three books are all-time classics written by the late, but great, Dr Albert Ellis:

- *A New Guide to Rational Living*
- *How to Stubbornly Refuse to Make Yourself Miserable About Anything (Yes, Anything!)*
- *Feeling Better, Getting Better, Staying Better*

THE END