

“Minority Among The Minorities”- Where can we find a way out?

We are a group of homosexuals who would like to seek counseling in giving up gay lifestyle. We are similar to the gays in that we can be sexually attracted by the same sex. However, we do not want to continue to wander in the gay lifestyle and choose not to be controlled by our sexual orientation. We are not concerned about whether or not our same sex attraction can be changed. Instead, we are more concerned about whether we can have another lifestyle. Although we are the “minority among the minorities”, please do not take away our rights in seeking a change. Please respect our wishes and listen to our voices. Please protect our human rights as “minority among the minorities”.

Please respect our wishes to seek a change. We do not want to be double discriminated.

All of us have same sex attractions and some of us have also tried to live the gay lifestyle. Now we all wish to give up the gay lifestyle and the emotional satisfaction from entering into a gay relationship. We have different reasons in giving up the gay lifestyle – some of us feel disappointed or hurt in a gay relationship, and some consider that homosexual acts contradict our personal beliefs and religious beliefs. However, our decision in giving up gay lifestyle has been made after careful consideration.

Gay groups do not represent us and we do not need them to represent us. We accept our sexual orientation and we are not ashamed of it. However, gay groups label us as “internalized homophobia” or call us “cowards”. We are being double discriminated by the above terms. Why are we on the one hand being discriminated by the general public and on the other hand by the gay groups? Why are we being stigmatized and humiliated when we should have our rights to choose appropriate counseling to help us relieve our emotional distress?

Do you know that we are helpless and have nowhere to turn to?

We have tried to seek help from several social services groups, counselors and psychologists. However, we have always been told that since “one’s homosexual orientation is normal and in-born”, there is no need to seek any change. Our feelings and struggles have not been heard clearly. Further, we are being imposed a “gay-affirmative” value! Frankly speaking, our personal experiences tell us that

such counseling approach cannot resolve our inner struggles and conflicts. We want holistic care, reconciliation with our family members and friends of both sexes, and reconstruction of our lives. We no longer want a gay relationship for emotional satisfaction. We are surprised that it is difficult for us to seek appropriate counseling services in Hong Kong which is a liberal society.

We could not stay silent. Why are we deprived from seeking our way out?

We are the “minority” in the gay community. We also do not like to express our opinion by staging protests. However, it does not mean that we will allow others to block our way. The groundless allegations and false accusations made by the gay groups against the groups who are assisting us and the relevant professionals mean that as a group of post-gays we have to fight very hard for our rights and our interests. We have gone through a lot of painful experiences before we find the relevant people or authority such as the “New Creation Association” or Dr. Hong Kwai Wah to listen to our voices and respect our choices and concerns. Why do the gay groups sacrifice our rights as a “minority”, take away our only support and even deprive us of our rights? We have a lot of friends living in a gay lifestyle. Although we are very different, we are able to respect each other including one’s choice of lifestyle. It is not necessary to be adversarial to each other.

We all have different expectations and goals in giving up a gay lifestyle. Our expectations and goals are not limited to a “change of sexual orientation” only.

One may wonder whether our same sex attraction or sexual orientation has been changed by giving up a gay lifestyle. The answer may be yes or no. Some of us are married and have children; some are dating now; some are waiting for an appropriate partner and some remain single. The above choices are voluntary. We have learnt a lot through participation in the mutual support group in “New Creation Association”. Within the group, we share our stories, learn to develop appropriate social skills, experience acceptance and love, gain knowledge of ourselves and face negative emotions honestly. We are trying to build a healthy self-image and maintain a mutual support among us. All of the above aspects are more meaningful than focusing on a “change of sexual orientation”. Please do not forget that we are humans and have feelings.

Please treat different types of research in a fair and balanced manner and please do not ignore our actual experience.

We are all adults who have independent thinking. We have heard of the researches conducted in foreign countries and quoted by the gay groups, these highlight negative results of the so-called “therapies” taken by us. Please do not insult our intelligence. We have never received treatments involving the so-called “exorcism”, “hypnosis” or “cold showers” etc. We have found our peer groups and experienced the warmth of being accepted and respected. We also did not experience depression nor tried to commit suicide as mentioned in several reports. We instead enjoy a better and a freer lifestyle. In fact, the negative emotions caused by the deprivation of our rights being the “minority among the minorities” may have caused more damage on us.

To all our dear professional counselors, we all believe the key to improve counseling skills is to learn from clients. We hope all of us could open the door of communication. We are willing to share and we hope you are willing to listen to us. We are willing to express our concerns and we hope you will respect our concerns. We believe giving appropriate counseling to the ones who would like to change their gay lifestyle is a win-win situation that we should all welcome.

We urge everyone to respect our existence and our wishes to seek help. We also wish our rights of seeking appropriate counseling to be protected.

From a group of homosexuals who are willing to seek changes voluntarily.

Jointly declared by:

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