

JOURNEY INTO MANHOOD

A Healing Weekend by



Following are results from a survey by People Can Change of men who participated in a Journey into Manhood weekend between January 2002 and February 2004. Eight training weekends were offered over that time period, with a total of 195 separate participants. (A small number of these 195 men attended more than once). Eighty-six of these men responded to the survey, for a response rate of 44%. Of these, 37 men (43%) were married at the time they participated in the weekend, and 49 (57%) were single.

The survey was sent electronically on June 20, 2004 to all participants from any of the first eight Journey weekends for whom we had an active email address. The survey was closed on July 9, 2004.

When did you take the Journey Into Manhood weekend? (You may check more than one response if you attended more than once.)

More than 2 years ago	9 (10%) – respondents from 1 training
1 to 2 years ago	41 (45%) – respondents from 4 trainings
5 to 11 months ago	41 (45%) – respondents from 3 trainings
Total	91 times attended (by 86 men)

Have you experienced any DECREASE in the degree or intensity of your same-sex attraction (SSA) feelings or interests SINCE YOUR JiM WEEKEND?

	Number	Percent
Yes, a lot	27	33%
Yes, a moderate amount	22	27%
Yes, a little	17	20%
Subtotal: Yes (any amount)	66	80%
No, my SSA feelings are just as strong today as they were then	13	16%
No, but I had already largely or completely resolved my SSA feelings by the time I took the JiM weekend	4	5%
Total	83	100%

Have you experienced any INCREASE in the degree or intensity of your HETEROSEXUAL feelings or interests SINCE YOUR JiM WEEKEND?

	Number	Percent
Yes, a lot	4	5%
Yes, a moderate amount	24	28%
Yes, a little	22	26%
Subtotal: Yes (any amount)	50	59%
No – my level of attraction to women (or lack of attraction) has not changed	29	34%
No – but I had already experienced a satisfactory increase in my attractions to women by the time I took the JiM weekend	6	7%
Total	85	100%

How much effect, if any, do you feel the Journey Into Manhood weekend has had on your efforts to resolve unwanted same-sex attraction; that is, decreasing your SSA feelings and/or increasing your heterosexual feelings?

	Number	Percent
A very significant effect	20	24%
A significant effect	25	29%
A moderate effect	23	27%
A minor effect	10	12%
Subtotal: Has had an effect	78	92%
No effect	6	7%
A counter effect – that is, my SSA feelings have actually increased as a result of my participation in the JiM weekend	1	1%
Total	85	100%

Would you (or do you) recommend the Journey Into Manhood weekend to others who struggle with unwanted SSA?

	Number	Percent
Absolutely	61	73%
Yes, if I felt the individual was ready for it	14	17%
Yes, but with reservations	5	6%
Subtotal: Yes	80	95%
Probably not	2	2%
Definitely not	2	2%
Subtotal: No or probably no	4	4%
Not sure	0	0%
Total	84	100%

ASKED OF MEN WHO WERE MARRIED AT THE TIME THEY TOOK THE JiM WEEKEND:

How would you describe the CHANGE in your relationship with your wife, if any, since your JiM weekend?

	Number	Percent
Significantly improved	12	33%
Somewhat improved	12	33%
Subtotal: Improved	24	66%
Unchanged	9	25%
Somewhat deteriorated	1	3%
Significantly deteriorated	1	3%
Subtotal: deteriorated	2	6%
Not applicable, due to death or divorce	1	3%
Total	36	100%

ASKED OF MEN WHO WERE SINGLE AT THE TIME THEY TOOK THE JiM WEEKEND:

Which if any of the following are true of your dating experience, if any, since your JiM weekend?

	Number	Percent
I have not dated women (much or at all) since my JiM weekend	24	49%
I started dating women again, or for the first time, or increased the frequency of my dating	14	29%
I have had a meaningful romantic relationship with at least one woman since then	4	8%
I continued dating women as before	3	6%
I have married since then	1	2%
Total	49	100%

Where were you in your personal efforts to resolve unwanted same-sex attraction (SSA) AT THE TIME YOU FIRST PARTICIPATED in the Journey Into Manhood weekend? Check the ONE that most CLOSELY (even if not perfectly) describes your situation at that time.

Answers in 2nd column: **“At time of JiM training”**

Where are you NOW in your personal efforts to resolve unwanted same-sex attraction (SSA)? Check the ONE that most CLOSELY (even if not perfectly) describes your situation at the present time.

Answers in 3rd column: **“Now”**

	At time of JiM training Response (percent)	Now Response (percent)
Now: I have ABANDONED my early efforts to change; I have accepted a gay identity and am no longer pursuing change	Not applicable	1 (1%)
Then: I was SERIOUSLY struggling with unwanted SSA feelings and/or behaviors, and had made little or no progress toward addressing or resolving them Now: I continue to SERIOUSLY struggle with unwanted SSA feelings and/or behaviors; I have made little or no progress toward addressing or resolving them	35 (41%)	9 (11%)
Then: I was struggling SOMEWHAT with unwanted SSA feelings and/or behaviors, but had made some satisfactory progress toward addressing or resolving them Now: I continue to struggle SOMEWHAT with unwanted SSA feelings and/or behaviors, but I have made some progress toward addressing or resolving them	35 (41%)	39 (46%)
Then: I was struggling MILDLY with unwanted SSA feelings or behaviors; the JiM weekend was an opportunity to advance my progress further Now: I struggle MILDLY with unwanted SSA feelings or behaviors	9 (10%)	26 (31%)
Then: I had already largely or completely addressed my unwanted SSA feelings and/or behaviors, and the JiM weekend was an opportunity to further solidify that growth, to learn more about myself, and/or to support others Now: I have largely or completely resolved my unwanted SSA feelings and/or behaviors and no longer struggle with SSA	7 (8%)	9 (11%)
Total	86 (100%)	84 (100%)

Which of the following best describes your sexual feelings...

Answers in 2nd Column: **AT THE TIME YOU FIRST PARTICIPATED in the Journey Into Manhood weekend?**

Answers in 3rd column: **CURRENTLY**

	At time of JiM training Response (percent)	Currently Response (percent)
(6) Exclusively homosexual, with no heterosexual feelings or interests at all	7 (8%)	4 (5%)
(5) Primarily homosexual, but with some slight heterosexual feelings or interests	24 (28%)	16 (19%)
(4) Primarily homosexual, but with some significant heterosexual feelings or interests	26 (31%)	16 (19%)
(3) About equally homosexual and heterosexual in my feelings and interests	9 (11%)	10 (12%)
(2) Primarily heterosexual, but with some significant homosexual feelings or interests	10 (12%)	15 (17%)
(1) Primarily heterosexual, but with some slight homosexual feelings or interests	9 (11%)	20 (23%)
(0) Exclusively heterosexual, with no homosexual feelings or interests at all	0	5 (6%)
Total	85 (100%)	86 (100%)

Which of the following, if any, are true of your feelings NOW compared to when you participated in the Journey Into Manhood weekend?

Percent answering very true or somewhat true (in descending order of frequency of response)

1. I feel more masculine – **91%**
2. I feel more powerful – **91%**
3. I am more in touch with my feelings – **91%**
4. I feel better about myself – **90%**
5. I am more confident – **89%**
6. I express my authentic self to others more – **88%**
7. I have more peace in my life generally – **86%**
8. I feel more like I belong to the world of men – **86%**
9. I have better male friendships – **84%**
10. I am better at identifying and meeting my real needs – **83%**
11. I have more male friendships – **81%**
12. I have less shame in my life – **81%**
13. I am happier – **78%**
14. I have brought my behavior and feelings more in line with my values and beliefs – **76%**
15. I take more risks physically – **74%**
16. I take more risks emotionally – **70%**
17. I am kinder to myself – **65%**
18. I am more connected to God / Spirit / Higher Power – **57%**
19. I have more spirituality in my life – **55%**
20. I have less “gayness” in my life in terms of gay friends, gay interests, gay clothes, etc. – **51%** (another 40% answered “not applicable,” presumably meaning they didn’t have that in their life previously)