

A Former Gay Activist Describes How He Rejected A Homosexual Identity

Interviewed by Joseph Nicolosi, Ph.D.

Michael Glatze decided at the age of 13 that he was gay and eventually founded Young Gay America, a non-profit media outreach project. Through a series of incidents, however, Glatze slowly came to conclude that his homosexuality represented a false self, and that he had been dealing with fears about his own masculinity. He has since rejected his gay identity. His interview with Dr. Joseph Nicolosi describes his spiritual and emotional journey.

Dr. Joseph Nicolosi: Thank you, Michael, for your willingness to talk publicly about your life. You've discussed your religious transformation before, and we know that religious experiences can have a profound effect on one's sense of self. But I'd also like to discuss the psychological dimension. Particularly, what comes to your mind when you think back on transformative moments or insightful moments about yourself?

Michael Glatze: Well, I think maybe the first thing that comes to mind is just that I began noticing the nature of my desires, and the fact that I was able to change them.

J.N. That's an interesting phrase: "the nature of desire."

M.G. Although when I look back on my life in the gay community, there was always a sense that "You don't question your same-sex desires."

J.N. Yes. That's a very big rule in the gay community.



Michael Glatze

M.G. Right. In fact -- it's rule number one.

J.N. Rule number one: "Don't ask why." People "just are." No questions about why.

M.G. As soon as you join the club, that's the first rule. You can go ahead and examine any other thing's cause, except for homosexuality.

J.N. I can explore the foundations of my alcoholism, my overeating, my depression -- but not my homosexuality.

M.G. Right. And ironically, it's even OK for straights to question their heterosexuality.

J.N. (nods)

M.G. So I guess when I finally came to the realization that I could question my homosexuality, actually, it became very religious. When I started moving through the process of seeking God's will, and trying to understand what that meant, I was essentially gaining more and more knowledge, and was basically buying less into things I had long believed. I had believed in ideas that made no sense --

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"If psychology is to soar like an eagle, it needs both a left wing and a right wing ...We must broaden the debate by reducing the ridicule and intimidation of ideas contrary to the thinking of the establishment in the field of psychology." -- *Destructive Trends In Mental Health: The Well-Intentioned Path To Harm*, edited by Rogers H.Wright/Nicholas Cummings.