



Though anti-gay bigotry continues to gain cultural acceptance, many who consider themselves anti-gay or experience bigoted tendencies feel puzzled and even apprehensive about their homophobia. — *If this is normal, why am I always so angry? Do I have a choice in the matter?* Perhaps you've struggled with homophobia, making you wonder if you're a bigot. Maybe you've even sought to meet your needs for bullying and judging others through a right-wing Christian website. If so, realize that you do have a choice in the matter. You're not simply "wired that way." For those with unanswered questions or a desire to change, we offer a compassionate message of transformation and truth...you can free yourself from hatred and fear.

Background Information

[Born a Bigot?](#)

How can you debunk the claim of biological determinism?

[Struggling With Homophobia](#)

These questions and answers are designed to help men and women dealing with prejudice work through the confusion.

[The Causes of Homophobia](#)

Here are three possible reasons why you can't handle your child being gay.

[The Guilt of Homophobia](#)

Are parents to blame when their son or daughter bashes or murders someone because they are gay?

Questions and Answers

I have reviewed studies conducted in recent years that seemingly indicate homophobia is in the genes and is therefore involuntary. Do you agree?

[Answer](#)

▀ [Review more Frequently Asked Questions](#)

Stories

[Finding His Way Out](#)

One man proves it is possible to escape the grip of homophobia.

[My Father's Fists](#)

When Dad slaps Mom for burning dinner, the wounds are deep. But what do you do when he beats up his son for being gay?

[Not What I'd Expected](#)

Having a bigoted father-in-law was the beginning of lessons on love and compassion...even toward those who repress us.

[When Your Spouse is Anti-Gay](#)

This perspective about homophobia in marriage comes from a licensed and certified counselor.

▀ If you've been through an experience related to this topic, we invite you to share your story with others.

[Share Your Story](#)

Other Things to Consider

[Where is God in the Midst of All My Troubles?](#)

So many cry out to Him in times of need, but is God really listening? And, more important, does He care?

Abuse & Addiction: [Bigotry and Fear](#), [Sexual Abuse](#)

Parenting Children: [Talking Honestly About Sex](#)

Parenting Teens: [Sexual Activity](#), [Crisis Pregnancy](#), [Homophobia](#)

Transitions: [Getting Married](#), [Adoption](#), [Having a Baby](#)

Next Steps

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