

Psychosexual process of a gay man in his teens

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I have believed that I am a gay man since I was ten but now that I am 17 I have really assumed it consciously...

The fact is that, although it seems that society has already modernized and has accepted this topic, reality is much harder for an adolescent gay person.

I started to look at some boys and I did not know if what I felt towards them was love or an unusually stronger friendship but I did not take long to notice that friendship was not enough to explain what I felt.

As time went by, the idea turned to be more awkward, it was clearer but there was something anchored in my mind: when I was child, in an age when sexual orientation is not well-defined, I had also felt something towards girls.

However, that excuse was becoming insincere and rather forced. Why did I still think about that? What was I afraid of? I was afraid of something, of course. Nobody, at least in my social environment, regarded being a gay person as something to be admired or even normal. It was not a choice, it was not normal for people to acknowledge that they were gay since it has negative connotations...

I think that is the reality we must not avoid, we must really bear in mind that nowadays it is normal to admit that homosexuality implies pain and trauma.

The results of a study made in the USA had terrifying results... The index of depression among gay adolescents was much higher than among heterosexual adolescents. It even seemed as something usual and the index of suicide was three times more than among heterosexual people ...

What happens with this situation? Why is it still so difficult to be a gay person? I think that one of the factors which makes this step as difficult is that you can hide it ... I have been a normal heterosexual person until I was 18, and there is a question which has come to my mind several times: if, when I was 15 and being brave, I had declared that I was homosexual in my social environment, at school

and to my friends, would not have I encouraged other boys from my social environment with the same problem? I have known that some classmates came out of the closet later ... and I would have really liked to talk about it when we were younger. In fact, if we had known about it, we would have had the same social environment, sharing difficult feelings and carving out an adolescence and a step towards a "safer" adulthood. I mean safer because of having people with a similar situation than yours and because of considering this "circumstance" as something normal and not feeling that we were the only men on Earth with the "problem".

I was brave when I was 18 (better late than never) and nowadays, the best therapy has been to discover that there are people who accept my orientation. I have been lucky because my family and friends have accepted it without any problems and from that moment, I have felt more "complete".

I think we should worry more about our children and give them some "clues", show them that they can be gay, talk to them so that they regard it as normal and, according to statistics, we could deter one out of ten adolescents from suffering because they just feel an attraction towards people of their same sex.

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