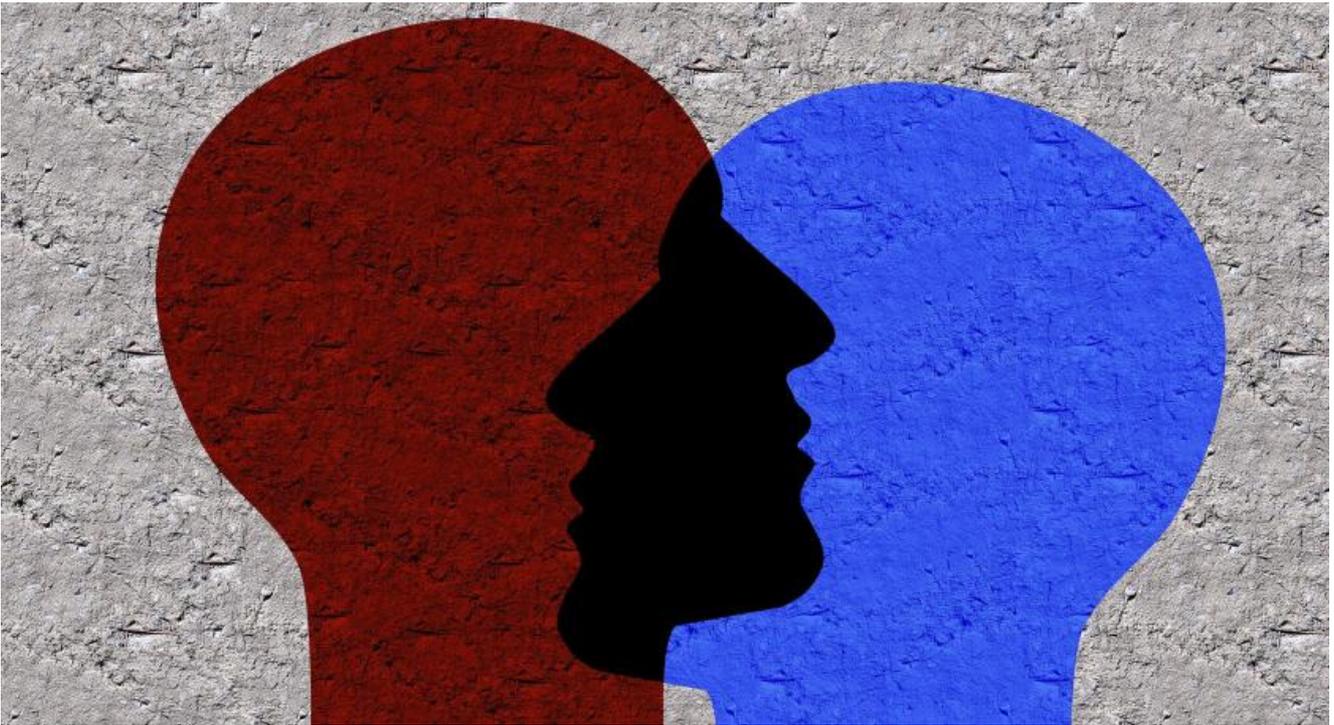


# The Gay Wound



Utsav Tuur Van Hove

# The Gay Wound



A while ago I “accidentally” bumped into this article about **men and the mother wound**. Although written from a straight perspective, it resonated for me as a gay man.

In anticipation of the new **The Gay Warrior series** that Job and I will facilitate from 21st October onwards, I was wondering how this would be for gay men. Curious as I am, I went to investigate this. You can find the links to the consulted articles on the bottom of this page.

## Mother wound

From our mother we are born and she is the first person we bond with. Still, the birth process is often a traumatic experience and in the first bonding something can go wrong. If your mother is not fully available physically and/or emotionally, as a baby you cannot quite make the movement to your mother. As a result, complete bonding doesn't fully take place. In therapy, this is called 'the interrupted movement'.

# The Gay Wound

Even if your mother is lovingly present during and after birth, your early years determine the bonding. During this period, if your mother is mainly concerned with herself and her own needs, the relationship with you as a child can still be disrupted. Either she gives you too little attention or she claims you for her own needs.

In both cases you adapt yourself as a child to receive her love anyway, but you never get it completely and unconditionally.

The mother wound is considered as a child's emotional injury, the result of a significant interruption in the bonding with the mother. It is important for both straight and gay men to heal this mother wound.

*How did I experience this mother wound? My grandmother died of a heart disease when my mother was 9. When she was 11, my mother was diagnosed with a brain tumor of which she barely survived the operation. Death became a theme early on in my mother's life. And she lacked her mother's love. So she probably internalised the message "I will never let anyone die anymore" and "If I unconditionally love someone, that person goes away (dies)".*

*Because of that she's very claiming towards her family and especially towards me as the youngest child and her only son. She gives love, but only under her terms and conditions. She's often ill and then she expects to be cared for. From my childhood on I had to efface my own needs to be there for her instead of her being there for me.*

## Father wound

How about your father? What's his role in bonding with you as a child? Normally, your father comes into the picture quite quickly after the bonding - although maybe not completely - with your mother took place. Your father can also take on this loving role so that bonding can still take place.

# The Gay Wound

Your father's role is to support you as his son when you're taking your first steps into the world. If your father directs his attention somewhere else and is physically and/or emotionally absent, you as a child become second place. Which means he doesn't take on his role as a father.

The father wound is considered as a child's emotional injury, the result of a significant absence of the father. This too is important for both straight and gay men to heal.

*How did I experience this father wound?*

*My great-grandfather - my father's grandfather - died at a young age in a labour accident. Because of that my grandfather who was 17-18 years at the time became the "man in the house" and the only breadwinner. At that crucial age my grandfather had to miss his father to show him how to step into the world. Therefore a breach occurred in the male line so my grandfather couldn't give that support to my father and my father in turn couldn't give it to me.*

*My father was often at work, while my mother as a housewife was mostly at home. I sometimes had to take on my father's role in the family because my father could or did not. In therapy this is called parentification.*

## Gay wound

With gay men, the father wound is more specific. They often miss their father's support in taking their perhaps biggest step in the world, their coming out. Which means they are on their own or they don't take this step at all.

As a gay man it's a lonely process not to be supported and to have to face numerous rejections and prejudices. Homosexuality is often considered as "non-masculine" and "not natural" in our straight society.

# The Gay Wound

The gay wound is the result of a significant rejection of the gay man by the straight society and in some cases also by his father and/or mother.

To not feel the pain of the mother, father and gay wound, a lot of gay men flee from their feelings. They lose themselves in i.a. alcohol, drugs and/or sex.

*How did I experience this gay wound?*

*When I did my coming out, my parents were pretty shocked. Especially my mother was visibly moved. My father seemed pretty indifferent. Although years later it seemed he was shocked even more than my mother. My father, however, rarely shows his emotions. Not even then.*

*As most gay men I had to face prejudices and rejections. Insults and other forms of discrimination crossed my path now and then. At one point in my life I also fled into alcohol, drugs and sex. Fortunately, I quickly became aware that this did not take away the pain. On the contrary. The rebound was always worse. That's why I eventually started my personal awareness and development process to heal my own gay wound.*

## Gay healing

Do you as a gay man recognise yourself in this article, know that healing is possible. **The Gay Warrior series** aims to let yourself allow your own power and vulnerability as a gay man.

# The Gay Wound

[READ MORE](#)

Further articles:

- [Gay Men and Their Fathers: Hurt and Healing](#)
- [Gay Men and Their Mothers: Is There a Special Closeness?](#)
- [Gay men, Relationships & Vulnerability](#)
- [Men and the mom-wound](#)
- [Men and the dad-wound](#)
- [Men and the feeling-wound](#)
- [Men and the freedom-wound](#)

## Want more?

Visit my website [Inner Buddha](#), become fan of my [Facebook page](#) and follow me on [Twitter](#).

Want to stay informed, please subscribe to the [newsletter](#).

[Learn more](#)