



Recovering from Conversion Therapy Toolkit

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If you are a conversion therapy survivor, this toolkit is designed to help you begin healing from the trauma, shame, and misinformation imposed by these harmful practices. Recovery is a process, and this guide outlines five concrete steps to help you rebuild trust, process grief, and reclaim your authentic self.

You may feel overwhelmed and hesitant. To help, here's a simple treatment plan to begin conceptualizing progress in **five concrete steps**.

1. Deprogramming

Many men who have undergone conversion therapy have been **misled—literally brainwashed**. They were fed misinformation and skewed data by people they were meant to trust. The first step in recovery is grounding yourself in **basic facts** and debunking common myths about sexuality. Establishing this foundation helps dismantle the false narratives that have been ingrained.

2. Addressing Shame

Therapy should help clients celebrate their authenticity. Conversion therapy is the opposite—it instills **deep, internalized shame**.

- Shame for being gay
- Shame for “failing” to convert

- Shame from believing that being gay is wrong or sinful

Recovery begins by **identifying and tending to the shame** that has been imposed on you, rather than letting it define your self-worth.

5. Relational Repair

Many conversion therapy survivors have **distrust toward therapists and others**. This is understandable—dishonesty and manipulation were presented as care.

- Your skepticism is **valid and welcome**.
- You are under no obligation to trust anyone blindly.

Once trust in the therapeutic process is approached carefully, we can also work on **trust and connection in other relationships**, which are often impacted by the experience of conversion therapy.

4. Grieving

Recovery includes **honoring grief**:

- Grieving the years lost to psychological harm
- Grieving the lies you were told
- Grieving relationships that were damaged or lost

Many survivors experience grief related to family or loved ones who encouraged conversion therapy. Bottling up these feelings only prolongs sadness. Part of healing is **acknowledging and processing this grief**.

5. Your Truth

The ultimate goal is to **reclaim your own voice**.

- You do not need to adopt the ideology of any therapist.
- Healing involves **discovering and owning your values and beliefs**.
- This is about reconnecting with your **authentic self** and trusting your own judgment, rather than being shaped by external pressure.

Recovery from conversion therapy is about **rebuilding autonomy, self-trust, and authenticity**—on your terms.

Book A Free Consult Call:  <https://www.michaelpezzullo.com/book-online>