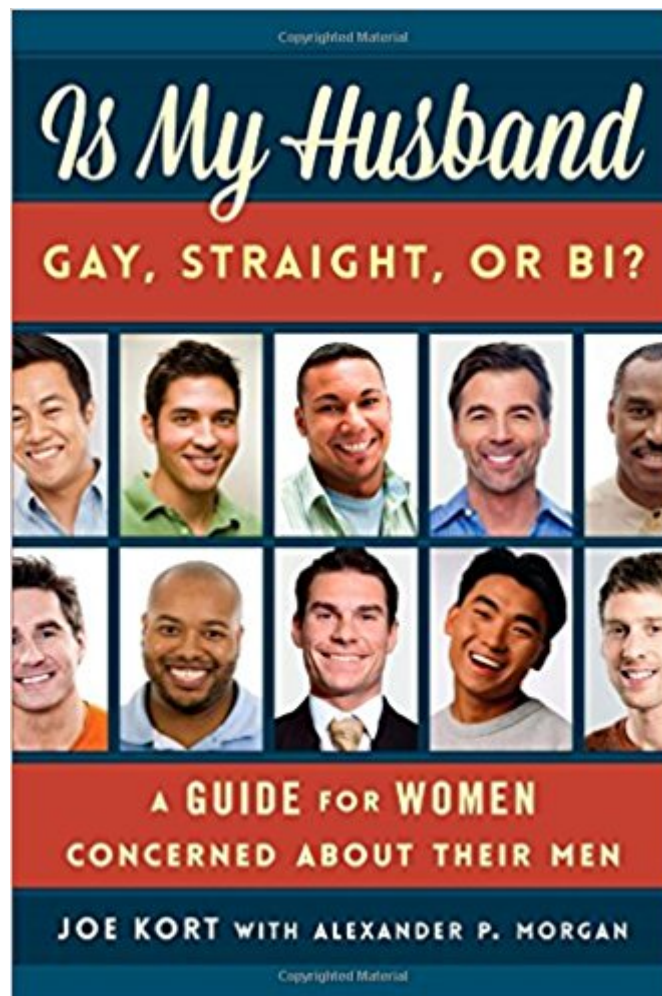




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# Is My Husband Gay, Straight, Or Bi?: A Guide For Women Concerned About Their Men



## Synopsis

Jennifer can't believe it. Just married and pregnant, she discovers that her husband has been meeting Brad for sex. When confronted, Tom doesn't deny it, but he insists it's just a thing • and he isn't gay. Elsewhere, John's wife, Karen, discovers that her husband likes to watch gay porn. John doesn't understand his wife's reaction. Why does she care what he watches if he's not unfaithful? In couple's therapy, Karen and Jennifer raise the same questions: Does this mean my husband is gay? Can my marriage survive? These and other stories illustrate the difficulties inherent when a wife or girlfriend finds out her man has had or wants to have sexual contact with other men. But many times, the man is not gay or even bisexual. Of course, some men with gay sexual interests are gay men in a process of self-discovery; they are coming out. • These desires may only reflect a different side of a man's sexuality or some response to childhood trauma or experiences they have not fully processed. Here Joe Kort and Alexander P. Morgan make the distinction between gay men and straight men with gay interests • clearer to women who want to know how they can overcome these revelations. The authors explain the many reasons why straight men may be drawn to gay sex; how to tell whether a man is gay, straight, or bisexual; and what the various options are for these couples, who can often go on to have very fulfilling marriages. *Is My Husband Gay, Straight or Bi?* is intended to help couples understand how male sexuality can express itself in ways that may be difficult to understand. Many marriages have been hurriedly terminated when couples (and their therapists) have lacked the information they needed to understand their current situations. This book provides the clarity, describes the choices, and (in many cases) offers hope for relationships and marriages that have been brushed off as doomed.

## Book Information

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## Customer Reviews

For decades, husbands and wives have faced the social tendency to shame, fear, and denounce husbands who have sex with men. Kort and Morgan's book offers a compassionate and understanding view that is grounded in science and clinical practice, rather than fear. Their book offers a surprising and pleasing depth to the understanding of this phenomenon and does not treat it in simplistic, black and white ways. *Is My Husband Gay, Straight, or Bi?* offers up a sophisticated view of masculine sexuality and eroticism that is sorely needed. Their work is a gift to the many husbands and wives out there who are struggling to understand the husband's same-sex attractions and trying to figure out where to go from here. (David J. Ley, Ph.D., author of *The Myth of Sex Addiction* and *Insatiable Wives: Women Who Stray* and *The Men Who Love Them*) Male sexual fluidity is a cutting-edge, and sometimes confusing, topic. With empathy and insight Kort distills his years of experience helping couples decode and deal with a spectrum of scenarios into a single compelling volume. (Ian Kerner, PhD, LMFT, sex therapist and NY Times best-selling author of *She Comes First*) *Is My Husband Gay, Straight, or Bi?* is a smart, contemporary look at a controversial issue. This is the only book I have ever seen that addresses the complexities of men's sexuality with empathy and a direct language that both men and women will find helpful. Clinicians who work with couples will turn again and again to this book for answers to this contemporary quandary as more and more couples struggle with the boundaries of male sexuality. Kort and Morgan give clear answers and direction and explain how to talk about relationships and betrayal while moving our understanding of sexuality forward into a new era of openness and maturity. Thank you, Joe Kort and Alexander P. Morgan. (Dr. Tammy Nelson, author of *The New Monogamy: Redefining Relationships after Infidelity* and *Getting the Sex You Want: Shed Your Inhibitions and Reach New Heights of Passion Together*) Seasoned couples therapist Joe Kort and scientist Alexander P. Morgan shine a clear and compassionate light on a much needed and little discussed topic—what to do if you think your husband may be gay. They walk readers through the distinctions between being gay, bi, or straight with an attraction to male sexuality. This is not a theoretical conversation but a hands-on guide to a complex, and often overwhelming, situation. *Is My Husband Gay, Straight, or Bi?* has the power to save marriages and change lives. (Terrence Real, bestselling author and family therapist) *Is my Husband Gay, Straight or Bi?* is a wonderful collection of case studies, therapy practices, and research-based information that illustrate the

diverse range of behaviors, emotions, and psychological states of husbands (and in turn their wives) who think, suspect, or believe they are gay or bisexual, whether or not their identity actually fits the complex definition of homosexuality or bisexuality. The detailed examples, psychological theories, and therapeutic protocols in this book will be helpful to husbands, wives, and couples who seek clarity in this confusing situation and especially useful to therapists with such clients. (Amity Pierce Buxton, PhD., founder, Straight Spouse Network; co-author, *Unseen-Unheard: Straight Spouses from Trauma to Transformation*) *Is my Husband Gay, Straight, or Bi?* is a work of great significance. Dr. Kort has crafted a clear, no-nonsense, compassionate book that will benefit the lay-public as much as his professional colleagues. Written with the experienced and kind voice of an expert sex-therapist, Kort explores variations of human sexual behavior with well-deserved authority. This book is illuminating reading for couples in distress and a *must-read* for anyone who works in the field of sexual health. (Evelyn Resh, MPH, CNM, Sexuality Counselor; author of *Women, Sex, Power, and Pleasure* and *The Secret Lives of Teen Girls*) This is an amazing book. It uncovers the truth about many men who have sex with other men who are not necessarily gay. Case examples illustrate the complexity of this phenomenon. A very useful resource for men and women who are dealing with this issue in their lives and relationships *and* any professionals who want to understand them. (Eli Coleman, Ph.d., Professor of Human Sexuality, University of Minnesota) A brave and much needed exploration of the diversity of sexuality. Kort frees sexuality by discussing the health and beauty of diverse arousal patterns by breaking the limits of gay, straight, and bisexuality. (Chris Donaghue, PhD, LCSW, CST; Certified Sex and Couples Therapist)

Joe Kort, PhD, MSW, MA, is a certified Imago Relationship Therapist and a board certified clinical sexologist specializing in sex therapy and sexual identity. He is a member of the Society for the Advancement of Sexual Health, the Academy of Certified Social Workers, and the American Association of Sex Educators, Counselors, and Therapists (AASECT). Dr. Kort offers workshops for couples and singles, and he runs various therapy groups for men who are struggling with sexual issues. He is on the teaching faculty of the University of Michigan's Sexual Health Certificate Program. He speaks and conducts workshops internationally, maintains and contributes to various blogs and online outlets, and writes newspaper and magazine articles. He is the author of three books, including *Gay Affirmative Therapy for the Straight Clinician: The Essential Guide*. He contributed a chapter on straight men who have sex with men in *Mending A Shattered Heart: A Guide For The Partners of Sex Addicts*. Alexander P. Morgan, PhD, is a scientist and writer. He is the co-author of *When He's Married to Mom: How to Help Mother-Enmeshed Men Open Their*

Hearts to True Love and Commitment, written with Dr. Kenneth Adams. A Woodrow Wilson Fellow and a National Science Foundation Fellow, he is a recipient of the Melville Medal from the American Society of Mechanical Engineers. He has published more than fifty professional articles. Dr. Morgan works with a variety of healthcare professionals to bring their expertise to the public in clear and accessible language.

As a therapist I found this to be a very readable book that I will refer to in my practice over the years and recommend to clients as well. Dr. Kort's approach is compassionate and well-informed by his years of experience working with Gay, Straight and Bi male clients. Dr. Kort does a great job of explaining the difference between behavior rooted in sexual compulsions and true gay or bi orientations. He deals with the subject of male sexual fluidity masterfully and communicates complex concepts in terms that are understandable to the lay person. This is especially valuable as a resource when dealing with a traumatized wife, as Dr. Kort speaks to her concerns directly. I highly recommend this to clinicians dealing with sexual health and couples therapy. *Is My Husband Gay, Straight, or Bi?: A Guide for Women Concerned about Their Men*

A very straightforward discussion of why men behave sexually as they do, and it's not what we have been led to think even by the LBGQT voices we commonly hear from. I believe that most gay men could benefit from reading this book as it would help their general interactions with all men. Anyone out there who believes that being gay is a choice should read this book. Anyone who thinks that any therapy could help someone to not be gay, should read this book.

Based upon the latest research, *IS MY HUSBAND GAY, STRAIGHT, OR BI?* explores the complexity and fluidity of male sexuality. What I appreciated the most about this guide was its positive, nonjudgmental tone towards both the woman (wife) and the man (husband) in a difficult--often traumatizing situation. This book is a practical resource for women (and men) seeking answers about sexual issues in their marriage and a possible pathway back to a healthy relationship--either together or apart. Kort's assertion that conflict is an opportunity for growth and renewal for oneself--and for your relationship--is one of the many stunning truths in this intelligently compassionate book. Highly recommended.

This book is a must read for clinicians who are working with clients with problematic behavior as well as for women who wish to understand the roots of their husband's sexual acting out with other

men I frequently recommend this to clients.

As a sex therapist and sexuality educator, I am grateful for Joe Kort's book. There is too much fear and too little real understanding about 'why people are who they are'. Joe Kort's book is an insightful analysis of a rarely discussed, very misunderstood topic. It is open, informative, and thoughtful. Much needed in our field and by the couples we work with. We are doing our jobs as therapists when we can help people replace helplessness with education and empowerment. This book will be cited and recommended by me to the individuals and couples with whom I work. Very helpful!

It definitely explained a lot. No more misunderstandings.

Is My Husband Gay Straight, or Bi? Joe Kort and Alexander P. Morgan is a book that goes beyond the literal meaning of its title and delves into the lives of men who find themselves torn between what they appear to be and what they really are. It offers its reader an overview of case studies that are outlined by the personal expressions and accounts of gay and bisexual men. Each case study offers a new definition of male sexuality and useful resources for couples who struggle with such dramatic turns in their relationships. The information is unique as it offers literal transcriptions and true-to-life accounts and treatments. It will certainly serve those who are struggling in trusting their own feelings and judgments by allowing them to consider the information given in a larger and more individualized frame. The book gives artistic form to some very sensitive and complex situations.

Great reference book. Explains in detail the differences. I recommend it to anyone looking for answers.

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