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The Lived Sexual Experiences of Filipino Bisexual Men as Lens in Reinforcing Bi-Affirmative Counselling and Therapy Practice in the Philippines

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ABSTRACT

Bi+ people continue to be interrogated about the nature of their sexual orientation and the behaviors (particularly sexual behaviors) connected to it. I looked into the lives of selected Filipino men about their sexual experiences with women and other men, and the personal meanings attached to these experiences. Through the in-depth interview, these men were able to articulate a hidden yet visceral aspect of their lived experiences, thereby allowing for a more nuanced understanding of their sexual lives. Since studies on male bisexuality are not as popular in the Philippines, this research helps illuminate the complex nature of bisexual feelings often obscured by the highly heteronormative ideology on masculinity in a historically patriarchal culture. With the men I interviewed describing their experiences, we can better understand that they are not “sexual perverts,” as most pervasive misconceptions tend to convey. Appreciating the diversity of sexual orientation is needed to achieve a Bi+ counselling and therapeutic practice that is inclusive and effective. I offer critical suggestions on reinforcing our bi-affirmative practices to help benefit contemporary local and international intervention efforts with the LGBT+.

Keywords: sexual attraction, sexual experiences, Bi+ men, bi-affirmative practice