The purpose of this study is to determine if men’s sense of connectedness to the LGBT community is influenced by their level of internalized homophobia or their relative distance from the idealized sexual minority male body type. Existing research implies that there is a relationship between internalized homophobia and the degree of connection to the community. However, minimal work has been done on the impact of an individual’s relative distance from the idealized sexual minority male on this sense of connectedness. Phase one data was gathered using surveys distributed via social media, and email listserves. Phase two data was collected through self-selected respondents from phase one that wanted to participate in further research. Results imply that there is a statistically significant negative correlation suggesting that as internalized homophobia goes up, community connectedness goes down. Likewise, there is an implied positive correlation that when body satisfaction goes up so do levels of community connectedness.