

WAH Part 3-The Wound (Session worksheet)

Masculinity is bestowed. A boy learns who he is and what he's got from a man, or the company of men. He cannot learn it from any other place. Every man carries a wound and it usually comes from the father (or lack of a father). The arrow strikes at the very centre of our heart, in the place of our strength. It strikes at our deepest question 'Do I have what it takes' and the wound always says "NO". We cannot get our hearts back until our wound is healed. So your aim is to go back in time and find our wound. From the wound we choose a way of life that gives way to the false self. Remember the poser comes out our fear, and our fear comes out of our wound.

1. Can you say that your father, another key man or a company of men actively intervened on your behalf in order to tell you who you are as a man? Yes/No

2. What did your Dad teach you about yourself as a man?

Answer:

3. Did he teach you to make things, play the piano, chess, become competent in practical activities? Did he teach you your moral code? Explain women to you and how to treat them?

Answer:

4. What was your Dad's answer/message to you to your question 'Do I have what it takes' Did he affirm you? Did he call you by a special name? 'Seagull' or 'Tiger'.

Answer:

5. Are you comfortable with physical affection from your children? Did you have affectionate physical contact from your father when you were young? Did he take you camping, canoeing, to the footy, wrestle with you, instruct you about life in general? Can you hug him?

Answers:

6. Was your father a driven or a passive man? Which is true of you? Do you change your identity from work to the home? Example: Pleasant and helpful at work to angry and complaining at home.

Answers:

8. How did he express his interest or disinterest in you and what was his spoken or unspoken message to you?

Answers:

9. What is your wound? Can you put words to it? Do you remember how it was given-the way it came? Answer:

10. What was the message of the that wound-or that series of wounds? What did it say to you about yourself?

Answer:

11. What are some of the affirming words you would have loved to hear or have heard from your Dad. Could you write a letter to yourself from him, not as he would have written it, but as you would have hoped he would have written it, including all those things you would want to have heard him say.