

# STAGES OF THE FATHER WOUND



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Mentor.**

# Stages of the father wound

We believe that there are five different seasons through which a person deals with due to the lack of relationship with his father. Each season has a set of questions that comes along with it.

Mentoring a child who comes from a father-absent home or who has animosity in their relationship with their father can be a tad bit tricky. Our job as a mentor is to guide them in healing this extremely important relationship. No child is the same, and every wound looks different, but we must be patient as the Lord uses our influence to help our mentee become whole. His timing is perfect, and this process could take quite a while. You may be present for the whole healing process, but more than likely, you will have a part to play. We hope this resource shines a light on the healing the father wound and gives you stages to look for when you are on your journey

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# Stages of the father wound

1

Curiosity Stage

2

Anger, Apathy, and/or Prove It Stage

3

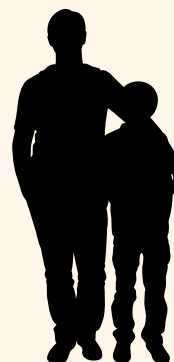
Desire Stage

4

Forgiveness Stage

5

Identity Stage



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# Curiosity Stage

- Typically begins in early childhood and begins coming up with his own narrative as to why dad is not around.
  - This is a prime time for Satan to start lying to him
- Possible symptoms:
  - "I wonder why I don't have a father around"
  - "Was it my fault?" "Did I do something wrong?"
  - "Why doesn't dad want to be around me?"
  - "Why am I different from all the other kids"

# Anger, Apathy, and/or Prove It Stage

- Typically begins in teenage years.
- Begin identifying what a man is in their own terms through media
  - "I hate my father and I'm glad he's not around"
  - "I don't have anything to offer, so what use is it trying?"
  - "My dad doesn't care about me. I doubt anyone truly does."
  - "I'm going to prove to people that I'm a manly man"
- Possible symptoms:
  - Anger
    - Showing anger towards their father and even the topic of fatherhood
    - Emotional exploding or expressing emotions in an unhealthy way
  - Apathy
    - Emotional shutdowns
    - Not putting himself out there or taking risks due to low self-confidence
  - Prove It
    - Doing whatever they have to do to show they are a man to earn attention, acceptance, and/or affirmation.
    - Sometimes this results in life-altering decisions.

# Desire Stage

- Typically begins in late teens/early adulthood or after a negative life-altering situation.
  - “I’m done flying solo. I want to learn everything that it takes to be a Godly, positive man by submitting and building relationships with older, father-figures”
  - “I don’t want what happened to me to happen to my kids. Something has to change, and that change starts with me.”
- Possible symptoms:
  - Desire to be around other Godly men.
  - Possible submission to mentors, older men, and/or authority figures.
  - Desire to do right and avoid negative behaviors
  - Self-starter mentality / learner
  - Humility to listen to advice and courage to act on that advice

# Forgiveness Stage

- Typically begins in early adulthood
  - “I want to get rid of this anger in my heart. I want to be obedient to God and trust his way is better”
  - “I realize forgiveness is more about me than it is my father”
- Forgiveness Process:
  - Recruits a shepherd to guide them through this.
  - Identifies the ways his hurt is limiting/hurting them and deals with emotions in a safe and productive way.
  - Musters up the courage to deal with past hurts and disappointments.
  - Desire to forgive comes first, words of forgiveness come second, truly forgiving with your whole heart is the last step.
    - All three must be complete in order to achieve lasting change
  - If possible, physical meeting to voice forgiveness. Phone calls and letters work as well if a meeting isn't an option.

# Identity Stage

- Typically begins once the forgiveness stage is complete. Typically adulthood
- “I want to learn how to be a son of God and come to accept the love of a father who will never leave me. I want life and life to the fullest.”
- Possible symptoms:
  - Leaving of the orphan mindset and adopting a mindset of sonship
  - Ability to serve others because you are confident the Lord will take care of you
  - Ability to take risks, forgive, trust, give & receive love, etc...
  - Becoming what you never had, dissolving a generational curse, and creating a generational blessing.