

YOUR FATHER AND FATHER FIGURES

A workbook to explore your relationship with
your father and father figures

MELINDA CATES | I MAKE A DIFFERENCE



EXPLORATION PROMPTS

Exploration Of...

YOUR RELATIONSHIP WITH YOUR FATHER AND FATHER FIGURES

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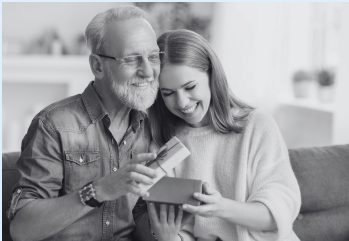
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Please email any queries to melinda@makeadifferenceimad.com



Exploration Of...

YOUR RELATIONSHIP WITH YOUR FATHER AND FATHER FIGURES



This workbook has been created to guide you to explore your relationship with your father, and any father figures in (from) your life.

Your father may not be in your life, due to having passed away, separated from you, or other circumstances that arose that led to the absence of a direct relationship with your father. However, like with your mother and mother figure/s it's important to acknowledge that you still maintain a relationship with your father and father figure, which exists within your memories, thoughts, emotions, and feelings about them and the connection you shared.



The intention of this workbook is for you to identify and acknowledge the experiences you had and the benefits you gained from your relationship with your father and father figures, regardless of their quantity. Not only the joy but also the pain there can be gifts to be gained. By recognizing the gifts you received, you can develop a deeper understanding of the purpose and value that the relationship holds.



It is also to help you identify any areas within yourself and your father (or father figure) that you have not fully accepted, which may require healing and your attention, should you choose to pursue personal growth and acceptance.

Please allow yourself time to process, self-reflect, and for processing. Be gentle with yourself and honor your feelings as you explore your relationship. If your father and father figures are currently present in your life, it's important to be mindful of only sharing with them after you have fully processed your own emotions and feelings. Only consider sharing if your intuition strongly guides you to do so and there is value in it for both of you.



Honor where your father and father figures are in their life, and their process. They may not be ready or even open to exploring what you have to share.

Respect them and yourself, this is your process and about what you can do differently.

Prompts For Your Exploration Of...

YOUR RELATIONSHIP WITH YOUR FATHER AND FATHER FIGURES

- 1 Describe your father and what your relationship was (is) like with him, and why?
- 2 What was (is) it that you liked about your father?
- 3 What was (is) it that you did not like about your father?
- 4 What was (is) it that you valued about your father?
- 5 What did your father give and provide you with, as a father?
- 6 How has your relationship with your father influenced and impacted you?
- 7 Have you looked to others for what you believe your father did not give you? And if you have then what did you look to them for?
- 8 The people who have been a father figure to you, what was your relationship like with them and why?

Prompts For Your Exploration Of...

YOUR RELATIONSHIP WITH YOUR FATHER AND FATHER FIGURES

- 9** In what way are you similar to your father?
What do (did) you see, hear, and feel in your father that you see, hear, and feel in you?
- 10** What are some of the things about your father, that you are not accepting:
- In him/them
 - In yourself
 - Or do not accept in others
- 11** What was (is) your father and father figures' role in your life?
From what you have discovered from the previous questions, what are the areas you have identified for yourself, where you can heal, learn, grow, and value:
- 12**
- In your relationship with your father
 - In how you see, hear, and feel about your father
 - In yourself
- 13** What do you, can you and will you celebrate about your father and their purpose in your life?