

Question: The following is from a personal counseling session with a lady who had “men” issues in her life and after some in-depth discussion we decided she needed to do some work around her dad and herself. (This goes for men with “women” issues – look back at relationship with mom.)

Reply: When I suggested you do a worksheet on your dad and you - I just felt - the Spirit moved me in the direction - that your "men" problem was connected with your dad. Yes even though he was/is a good father and did lots of loving things - the thing(s) that hurt and felt like rejection had more emotion attached. That rejection carries through because you gave it the importance.

Suggestion to follow of something Jeanie did that resulted in a phenomenal way.

During my last visit to my hometown, I told my dad "We are going for a Daddy Daughter Date" without Mom - I had already told her and she understood we had done mom-daughter things but I had never done something alone with Dad. I told him what time I would pick him up. I had a gift for him too. We did trivial stuff at first, he needed to go to the bank and the post office then we went to visit a friend of his that was in the hospital and then we went to the grocery store together and bought fruit and snacks. Then finally...we went to a restaurant and sat down to a late lunch and I gave him the gift. During lunch I let him read part of my journal (it is a journal I actually have written for a memoir for my son to know his heritage better) I showed Dad what I wrote about him - mostly very positive - my favorite memory of Dad and I together, that when I thought of Dad I thought of woods, fields, cut hay, cattle, the river - all these things that are an important part of his life. How he was my hero and that I only remember him being angry at me twice and on and on. We both cried. Then I asked him to tell me about his boyhood growing up - school, sports, college, army life, what took us to the different places we had lived. We talked about HIM for an hour. I thanked him for what he had meant to me and what he was doing for my son (taking him hunting and camping and fishing and being such an example). We cried some more. Finally we went back to his house and then I went home. We spent from 11:00 to 5:00 together that day and it was wonderful. A memory I will always cherish.

You might not have all those same memories but write out some things and next time you go home do a dad-daughter date and let him read it - you tell him you all are going out - don't wait for him to ask you. You will love the experience. Create a memory with him that has stronger ties and emotions than the painful ones you've been holding onto. Example of things to write in a journal - My father's best story about his childhood. My favorite memory of my father. I always think of my father whenever. From my father

I learned. The most wonderful thing about my father. He was/is especially good at. The greatest gift my father gave to me. My father taught me that.

Keep your focus on the positive - create the positive. Then another day do the same thing with your mom.

It is great that you are willing to face your stuff and work through it. We hold you in love as you heal.