

Like Father—Like Son? It's Your Choice

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They say that the apple doesn't fall very far from the tree. On the other hand, if we shouldn't compare apples with oranges, then we shouldn't compare apples with sons either. The difference between you and an apple is that you have legs, a brain and a will. An apple only has gravity. In other words, if you don't want to be like your father, than defy gravity. Get up and change. Be your own man. Have the character that you want to have. Pursue the dreams and goals that are uniquely yours. Use your free will to be free.

Answer these five questions to get you moving.

1. What were three things that I admired/respected most about my dad?
 - 1.
 - 2.
 - 3.
2. What were three things that I disrespected or even hated about my dad?
 - 1.
 - 2.
 - 3.
3. What was my Dad's guiding philosophy or outlook about life and others?
What was the one thing that he would always say?
4. What did my Dad believe/feel about: (if you don't know, than guess)
 1. His worth
 2. Women
 3. His Father
 4. His Mother
 5. His career/income
5. How do I feel about my Dad's masculine sexuality and how he related to women?

(over)

Now it's your turn. Now we will see how far your apple fell from your dad's tree, and how far you have traveled away from that tree. (use extra paper if you need to)

1. What are three things that I most admire/respect about myself?
 - 1.
 - 2.
 - 3.

2. What are three things that I disrespect or hate about myself?
 - 1.
 - 2.
 - 3.

3. What is my guiding philosophy or outlook about life and others?
What do I always say to myself?

4. What do I believe about:
 1. My worth
 2. Women
 3. My Father
 4. My Mother
 5. My career/income

5. How do I feel about my sexuality?

6. How do I want to be the same or different from my dad in:

My Self-Image/Self-Confidence?

My view of women?

In what I always say to myself?

Becoming Your Own Man

You are meant to become your own man. An ancient biblical verse that is quoted at weddings is a wise blueprint, "For this reason a man will leave his father and mother and be united with his wife" (Gen.2). The Bible doesn't just suggest you leave your father, it tells you to do it. You need to develop your own separate identity. Discuss this worksheet with some trusted friends and get their support to help you grow.