

Effects of the Father Inventory

This goal of his inventory is to allow the client a deeper look into the contribution of the “father” or primary male role model in their life, identity, and spiritual development. This is NOT an effort to blame the father/role model for current behavior or life situations, but to gain deeper insight to empower the client and challenge self-appetites, self-defeating behaviors, attitudes, emotional patterns, and negative thinking habits that may have found their entry through the father/child relationship. Approach prayerfully and honestly.

1. Do you believe that your father/role model nurtured you? Explain.

2. Did your father/role model express love to you? How? Explain.

3. Did your father/role model express/communicate your value to him? Explain.

4. Did your father/role model communicate his enjoyment of you or time with you? Explain.

5. Did your father/role model express protective behaviors or words for you? Explain.

6. Did your father/role model express his need to lead and teach you? Explain.

7. Did your father/role model teach you that you could depend on him? Explain.

8. Did you learn to be ok with “tidbits” of love from your father/role model? What were these? List.

9. Do you think that you are a self-reliant person in such a way that it is very difficult to follow or trust other leadership? (Daddy won't do it.)

10. Did you learn to tell yourself that you were loved, but struggle to feel loved? Explain.

11. The following is a list of topics experienced throughout development. Each topic is to be applied through the lens of, “What did Dad/role model teach me through his behavior, actions, choices to me and in front of me?” In other words, what my eyes saw and my mind interpreted.

- Intimacy
- Humility
- Pride
- Envy
- People's acceptance

- Marriage
- Affection
- A man's leadership
- God
- Friendship
- Finance
- Control
- Communication
- Your gifts and talents
- Your body
- Your sexuality
- Taking responsibility
- Using denial
- Anger
- Disappointment
- Failure
- Lost dreams
- Safety
- Being Daddy
- Vulnerability
- Work
- Attention
- Getting love/love in general
- Cooperation
- Pleasure
- Fear
- Power
- Family
- Trust
- Spirituality
- Achieving
- Asking
- "one way"
- Who I'm trying to be
- Tried my hardest
- Money
- Faith/skepticism

12. Did you find any topics above included opposing messages? Where Dad’s behavior and words did not match? Explain.

13. Are there any ways in which you may overlay/translate your father’s positive or negative characteristic/s upon what you believe about yourself and your higher power and also how you relate to HP and HP relates to you?

14. Did your father push you towards following “the flesh” or towards holiness in any of the above areas? Explain. (This is where you will find false beliefs that continue to be tied to the flesh and topics that do not seem problematic for you in which the mind of Christ has been able to vanquish due to the mind connecting to the body making the change experiential and strongly seated within/spiritual cohesion.)

If you are born again, saved in the grace of Christ, God will use the mind of Christ that was given to you upon salvation and the power of the Holy Spirit within you to change the body that remains subject to sin and its appetites. The body encompasses our brokenness, which is shown through the life of all things ‘self’. Behaviors, attitudes, cycles, patterns that we are stuck or imprisoned in. This is symptomatic that the body remains in control and the mind of Christ has not yet overcome and been made united with our flesh. Romans 7 & 8 teaches us that when we are in Christ the body is “dead”, in other words when an area of struggle has been brought under submission to obedience and the healing power of God we will have victory over that area of struggle. This victory may not be without relapses in the process of obedience but there will be victory. God’s goal in this is to liberate the body from being the “boss” of the mind! Seems oddly psychological doesn’t it.