

For the Love of Me

A Guide to Healing Your Absent Father Wounds

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I Am Willing to Do the Work To Be Whole

<i>Acknowledge the Impact Your Father's Absence Had On You</i>	This is the shortest and easiest step. Simply recognize that you may have a problem with some negative feelings that came from an absent or damaging relationship with your father. Accept that you carry some baggage; that you feel resentful, hurt, angry, sad, or even embarrassed that your father wasn't there for you the way you wished him to be. It's okay to have those feelings. You are entitled to them because your father mistreated you. All you have to do is acknowledge them.
<i>Understand that Every Challenge is Something that Can Make You Better</i>	As humans we ALL have challenges. There isn't a way to control all of the circumstances in our lives. When we discard feelings of victimhood or self-pity and own our challenges, we give ourselves the foundation and clarity to take them on. You didn't create your father and his behavior— he had his own issues and an entire history before you. When we are able to face our challenges bravely, we can create miracles in our lives. As much as we have to face challenges, we also have every right to find joy for ourselves.
<i>Your Healing and Improvement Depends Solely and Completely On You</i>	Ignite your internal strength. It's there! You were born with unlimited resources already within you. The Good News is that in this day and age, you also have endless helpful <i>exterior</i> resources to assist you. Nobody outside of you is going to provide you with closure nor heal your wounds for you—even if they are the ones who caused them! You have to make the choice to do that for yourself. You have already taken a step and that is a sign you are ready.
<i>You are Unique and So Are Your Challenges and Solutions</i>	You have to be <i>willing</i> to do the work to be whole, but the result is WORTH IT . Not only for you, but—for parents—your children too. When you heal yourself, you bring generational pain to a stop. Doing the work on yourself will improve all of the relationships in your life, most importantly, the one you have with yourself. The best way to lay the groundwork for healing is to embrace forgiveness.
<i>Remember That Healing Takes Time</i>	This is all a process with ups and downs that you'll need to work through. It takes time! Be patient with yourself.

What Determines if You Can Heal or Not Is Your Willingness to Forgive and Your Willingness to Do the Forgiveness Work

Forgiveness allows you to release the anger, anxiety, resentment and sadness you carry from your absent father relationship. It also does wonders for your hope and self-esteem. Make a deliberate decision to let go of the feelings that aren't nourishing your Spirit and let that inspire a new loving outlook on life.

Conquer Your Daddy Issues

Make a Bigger Connection: God, Energy, Force, Spirit

GEFS is God, Energy, Force, and Spirit—an acronym intended to capture the magnitude of what we are attempting to describe when we say God (*Source, Universe*). You were worthy of being loved before you were even born. You have the right to exist just as you are. A real, direct connection with GEFS taps you into the precious intuitive guidance that will help you overcome challenges.

Write a Letter to Your Father or Imagine Talking to Him

Alicia Keys wrote a letter to her absent father when she was 14. This is a great exercise for discovering your own needs and releasing bitter, deep-rooted emotions. You can try writing it from the perspective of your 14-year-old self, write a letter of support to your younger self, or just have an imaginary conversation with your father.

You Must Have The Desire and Willingness To Heal

Try this powerful affirmation to help you make the healing breakthrough.

***I dare to believe that all things have worked
together for Good in my life. I dare to believe
that all things are now working together for Good in my life.
I dare to believe that all things shall work together for Good in my life.***

From the book, *The Dynamic Laws of Prayer*, by Catherine Ponder.