

## SMALL GROUP GUIDELINES:

1. Keep your sharing focused on your own thoughts and feelings. Limit your sharing to three to five minutes.
2. There will be NO cross talk. Cross talk is when two individuals engage in conversation, excluding all others. Each person is free to express his or her feelings without interruptions.
3. We are here to support one another, not "fix" one another.
4. Anonymity and confidentiality are basic requirements. What is shared in the group stays in the group. The only exception is when someone threatens to injure themselves or others.
5. Offensive language has no place in a Christ-centered recovery group.

## ACCOUNTABILITY TEAM PHONE NUMBERS:

Sponsor: \_\_\_\_\_

Accountability Partners: \_\_\_\_\_

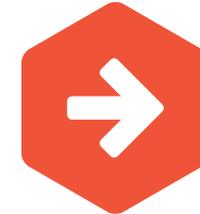
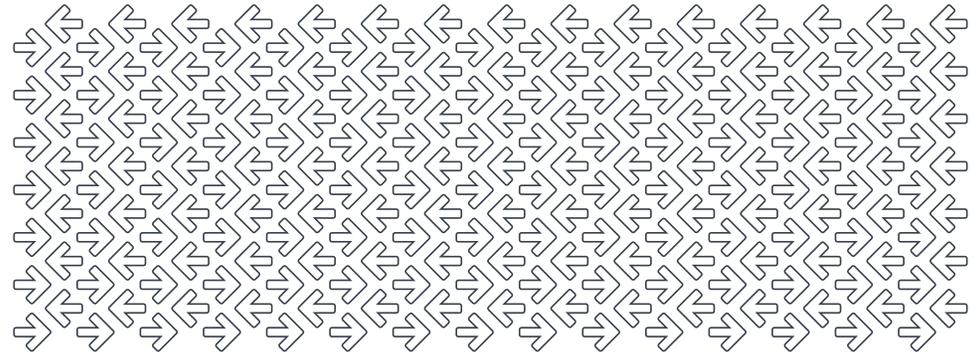
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



**Address:** 2350 SW Green Oaks Blvd. | Arlington, TX 76017 **Phone:** (817) 468-7729  
**Website:** [rushcreek.org/restore](http://rushcreek.org/restore) **E-mail:** [restore@rushcreek.org](mailto:restore@rushcreek.org)

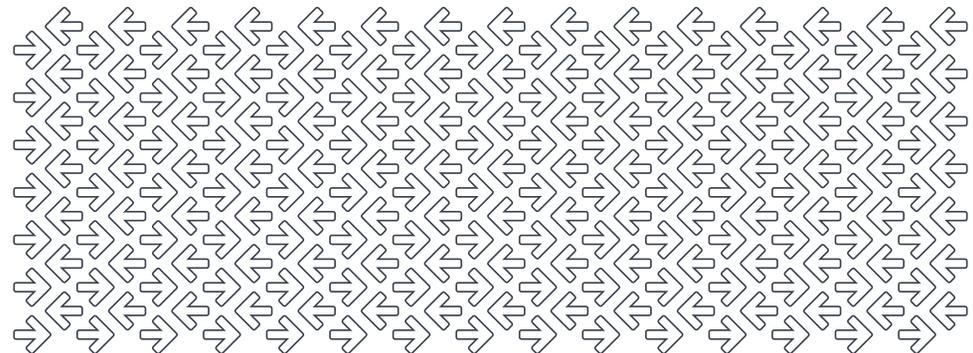
# ABSENT FATHER SYNDROME

## THE PROBLEM AND SOLUTION



# RESTORE

— A CHRIST-CENTERED PROGRAM —



## DEFINITION:

This occurs when there is the absence of a paternal role model in the home during childhood. The father may be physically absent due to death, sickness, divorce or extensive travel, but most of the time it is due to the lack of emotional or disinterested paternal involvement during key developmental years.

Too often this is a generational pattern where the child learns to be a father or how to be treated by a man, or lack thereof, from his or her own paternal example. And it continues from one generation to another.

## WHAT TO LOOK FOR:

Men or boys with absentee fathers are:

- More likely to be poor
- Likely to experience anxiety
- Likely to be depressed
- More likely to abuse drugs, alcohol & cigarettes
- At an increased risk for suicide
- More likely to be sexually abused
- More likely to engage in pre-marital sex
- More likely to develop antisocial behaviors, i.e.
  - Fighting
  - Lying
  - Cheating
  - Criminal activity

Women or girls with absentee fathers are:

- More likely to marry a man who is emotionally distant
- More likely to lack self-worth, i.e.
  - Struggle with eating disorder
  - Poor body image
- More likely to be sexually abused
- More likely to engage in pre-marital sex and have multiple partners
- More likely to marry older men, looking for daddy
- Likely to have difficulty trusting their Heavenly Father

## RECOMMENDATIONS:

Recognizing the condition, that has various symptoms, is a BIG first step. Each person will need to begin by working through their individual symptoms as listed above.

Here are some general helpful steps:

- Stop over generalizing. The past does not need to repeat itself.
- Name your fear – don't feed the monster by giving in to the fear.
- Work through your past hurts and the resulting negative coping mechanism.
- Begin to recognize that you can be a survivor rather than a victim.
- Allow yourself to enjoy healthy relationships.
- Determine to break the generational cycle.

## HELPFUL READING:

*A Hunger for Healing* by J. Keith Miller

*Father Hunger* by Robert McGee

*Healing for the Father Wound* by H. Norm Wright

*"God in His holy dwelling is a father of the fatherless and a champion of widows."*

Psalms 68:5 HCSB