

FATHER WOUND ASSESSMENT

Directions: Each question begins with "As I grew up, my dad ..."

- Beside each statement, put a:
- "4" if the statement is 85–100% accurate
 - "3" if the statement is 64–84% accurate
 - "2" if the statement is 37–63% accurate
 - "1" if the statement is 16–36% accurate
 - "0" if the statement is 0–15% accurate

Note: When answering these questions, you may want to complete this assessment two times if you also lived with a stepfather (one assessment on biological dad; the second, on stepdad).

As I grew up, my dad ...

- would do some activity with me, alone, at least one time a week.
- never used "foul" language when talking to me.
- prayed with the family regularly if he was present.
- taught me how to use tools and would help me with my projects.
- never overly punished (bruises or worse) me for doing wrong.
- would explain on a regular basis how to apply Scripture to my life.
- said on a regular basis, "I love you" or "I am proud of you."
- explained why he had to discipline me if I did something wrong.
- spent time alone reading Scripture for his own spiritual growth
- was one person I would share my deepest, most personal thoughts with.
- never caused me to worry about which "dad" would show up when he came home (an out-of-control dad, a kind and gentle dad, an erratic dad, an impatient and irritable dad, etc.).
- often would assist the church or community by doing projects designed to help those in need.
- always "had my back" if I was wrongfully accused of doing something I did not do.
- rarely yelled or screamed at me when upset.
- led by example.
- often asked me for my opinion on things I was familiar with.
- did not act like a dictator in our home (things did not have to be "his way or the highway").
- was the same person in public as he was at home.

- attended, if possible, most of my extracurricular activities.
- was always faithful to Mom.
- prayed the blessing at our meals or took the lead in having a family member do so.
- made sure I knew he was glad I was his son.
- never gave me reason to be fearful of him.
- regularly read to me bedtime Bible stories when I was a young boy.
- treated everyone in the home with respect.
- never evoked unusually harsh punishment on me.
- was faithful in attending church.
- always made me feel wanted.
- never "lashed out" at me when upset.
- explained to me how to become a Christian.

Scoring: Transfer the number you put beside each statement to the chart below

Father-Son
Relationship:

Father's Physicality

Father's Spiritual Input

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

13.

14.

15.

16.

17.

18.

19.

20.

21.

22.

23.

24.

25.

26.

27.

28.

29.

30.

Total: _____

Total: _____

Total: _____

Percentage: _____

Percentage: _____

Percentage: _____

To find the percentage divide 40 into the total from each column. Sample: If any one category were to total 22, divide by 40 (total number if every question were answered with a "4") and you get 55 percent.

Interpretation:

- If your percentage score falls between 85 and 100 percent, odds are you may have, on occasion, witnessed some disappointments with your dad in this area, however no lingering wounds exist. In this category you gave your dad an A.
- If your percentage score falls between 64 and 84 percent, you may have witnessed some negative patterns in your dad's behavior; however you are aware of his "humanness" and you have made your own choices on how you will lead in this area. In this category, you gave your dad a B.
- If your percentage score falls between 37 and 63 percent, you most likely experienced a Father Wound in this area that may impede your daily life and will definitely affect your relationships, especially with family. In this category, you gave your dad a C.
- If your percentage score falls between 16 and 36 percent, your Father Wound in this area is very pronounced and has caused you to consciously, or unconsciously, exhibit resentment or apathy toward your dad. In this category, you gave your dad a D.
- If your percentage score falls between 0 and 15 percent, your wound in this area is so severe that you have repressed your feelings toward your dad in this area, or you may have transferred your anger to other entities. In this category, you gave your dad an F.