



FATHER WOUNDS



What Are Father Wounds?

Father Wounds are not about blaming your father or authority figures.

They describe patterns that can form when experiences with protection, guidance, boundaries, authority, or trust felt inconsistent, absent, controlling, or unsafe. These wounds may come from your relationship with your father or caregivers, societal power dynamics, generational trauma, or early experiences where leadership, protection, or authority felt unreliable or threatening.

Father Wounds often influence how you relate to authority, structure, decision-making, self-trust, confidence, and your ability to feel supported while standing in your power. They can show up as self-doubt, fear of authority, over-control, difficulty trusting others, struggling with boundaries, or feeling unsafe taking up space or leading.

Nothing here means something is wrong with you. These patterns once helped you navigate uncertainty or protect yourself. This assessment simply supports you in noticing where old survival responses may still be shaping your choices, and where it may now be safe to trust, stand tall, and lead from inner authority.

Is This You?

You may resonate with this assessment if you struggle with confidence, authority, boundaries, or trusting support from others. If leadership feels heavy, unsafe, or confusing, or if you oscillate between over-control and collapse, this self-assessment is for you.

Instructions

This self-assessment is a gentle awareness tool - not a test and not a diagnosis.

There are no right or wrong answers. Its purpose is to help you:

- Notice how father-wound patterns may currently show up in your thoughts, emotions, body, and relationships
- Create a clear baseline (Before)
- Track changes, shifts, and softening after healing sessions (After)

This assessment is designed to be used alongside energy healing, clearing work, infusions, affirmations, and reflection.

How to Complete This Assessment

1. Read each statement slowly. Notice what feels true for you *right now*.
2. Rate each statement from **0 to 10**, where:
 - **0 = Not present / not an issue**
 - **10 = Strongly present / a recurring pattern in my life**Use the number that best reflects your *overall experience*, not one isolated moment.
3. Answer honestly and intuitively. Your first instinct is usually the most accurate.
4. Complete this form:
 - **Before** beginning father-wound healing
 - **After** completing your healing sessions
 - You may also revisit it periodically to track ongoing integration.
5. Be compassionate with yourself. Higher scores in some areas simply highlight where support, healing, or boundaries are needed. Lower scores may reflect growth, safety, and inner stability.

Important Notes:

- All statements describe common Father Wound Patterns. Higher scores simply indicate where healing and support may be most beneficial.
- Strong emotions may arise while completing this assessment. If so, pause, breathe, and return when you feel grounded.
- Your results are for self-reflection and healing awareness, not self-criticism.
- Some patterns you notice may not come directly from your father in this lifetime. They may be ancestral, generational, or past-life influences showing up in your emotions, body, or relationships. They also highlight what is ready for healing and release.

Healing the Father Wound is not about becoming “stronger” or proving your worth. It’s about standing fully in yourself, grounded, self-trusting, and steady, with clarity, integrity, and inner authority.

Take a deep breath before you begin. There is no rush.

Section 1: Trust, Guidance & Autonomy - *Notice how these patterns show up in your body, emotions, and behaviours, regardless of when or from whom they originated*

- ☐ I struggle to trust my own decisions. ____ / 10
- ☐ I doubt my ability to lead my life safely. ____ / 10
- ☐ I frequently seek reassurance rather than trusting my own judgment. ____ / 10

Section 2: Identity & Authentic Self - *Pay attention to where you shrink, hide, or mask yourself in response to internalized father-wound energy.*

- ☐ I hide or suppress parts of myself to feel safe or accepted. ____ / 10
- ☐ I feel pressure to conform to external expectations. ____ / 10
- ☐ I struggle to express my true thoughts, needs, or feelings. ____ / 10

Section 3: Emotional Safety & Vulnerability - *Consider how these patterns appear in relationships, work, or personal interactions, regardless of timeline.*

- ☐ I feel unsafe showing vulnerability. ____ / 10
- ☐ I avoid expressing emotions due to fear of judgment, rejection, or punishment. ____ / 10
- ☐ I hesitate to fully trust others emotionally. ____ / 10

Section 4: Presence, Abandonment & Consistency (Ancestral/Past-Life Explicit) - *These patterns may originate from your current father, ancestral lineage, or past-life experiences.*

- ☐ I experience feelings of abandonment, neglect, or emotional absence. ____ / 10
- ☐ I notice unpredictability or inconsistency in relationships or authority figures. ____ / 10
- ☐ I feel unseen, dismissed, or unwanted in certain areas of life. ____ / 10

Section 5: Criticism, Shame & Approval - *Observe where this manifests in your self-talk, behaviours, or emotional reactions.*

- ☐ I experience harsh self-criticism or internalized shame. ____ / 10
- ☐ I feel pressure to be perfect or achieve externally to feel worthy. ____ / 10
- ☐ I carry guilt, fear of failure, or a need for approval. ____ / 10

Section 6: Control, Authority, Fear & Intimidation - *Focus on the physical sensations, tension, or automatic responses in your body when these patterns appear.*

- ☐ I feel constrained, dominated, or intimidated by rules, expectations, or authority. ____ / 10
- ☐ I experience fear, aggression, or internal pressure around making choices. ____ / 10
- ☐ I struggle to release control, fearing negative outcomes, judgment, or punishment. ____ / 10

Section 7: Neglect & Emotional Absence - Notice where you take on too much responsibility or suppress your needs.

- ☐ I feel emotionally unsupported or ignored. ____ / 10
- ☐ My emotional needs are often minimized or dismissed. ____ / 10
- ☐ I feel responsible for managing or carrying others' emotional burdens. ____ / 10

Section 8: Rejection, Betrayal & Boundaries (Ancestral/Past-Life Explicit) - These experiences may come from current relationships, generational patterns, or past-life dynamics.

- ☐ I feel rejected, dismissed, or unaccepted in key relationships. ____ / 10
- ☐ Broken trust or betrayal has left lasting emotional patterns. ____ / 10
- ☐ I struggle to assert or maintain personal boundaries. ____ / 10

Section 9: Masculine Energy & Family Patterns - Observe how masculine/father energy shows up in your behaviours, choices, and relationships.

- ☐ I carry internalized patterns of rigid, controlling, or unhealthy masculine energy. ____ / 10
- ☐ I feel disempowered in expressing feminine or receptive energy. ____ / 10
- ☐ I notice recurring patterns in how masculine energy influences my life or relationships. ____ / 10

Section 10: Achievement, Success & Pressure (Ancestral/Past-Life Explicit) - These pressures may come from your lineage, family expectations, or past-life experiences.

- ☐ I feel pressured to perform, achieve, or succeed to feel worthy. ____ / 10
- ☐ I notice anxiety or insecurity linked to money, status, or comparison. ____ / 10
- ☐ I carry inherited or internalized expectations about success or responsibility. ____ / 10

Section 11: Safety & Protection - Notice how these patterns manifest in your body, nervous system, and relational choices.

- ☐ I feel unsafe emotionally, physically, or energetically. ____ / 10
- ☐ I feel unsupported in exploring independence or making choices. ____ / 10
- ☐ I struggle with vulnerability or feelings of powerlessness. ____ / 10

Section 12: Projections & Expectations - Focus on the emotional and behavioural responses you carry, regardless of the source.

- ☐ I feel burdened by others' expectations or unfulfilled dreams projected onto me. ____ / 10
- ☐ I notice patterns or pressure inherited from my family or lineage. ____ / 10
- ☐ I struggle to separate my own purpose, needs, and identity from these expectations. ____ / 10

Section 13: Overprotection / Hyper-Authority - *Pay attention to where fear, control, or restriction shows up in your body and behaviours.*

- ☐ I experience internal pressure to behave, shrink, or conform. ____ / 10
- ☐ I feel restricted in exploring freedom, choice, or self-expression. ____ / 10
- ☐ I struggle to trust my own independence or decisions. ____ / 10

Section 14: Emotional Connection & Receiving Support (Ancestral/Past-Life Explicit)

These patterns may stem from current-life experiences, ancestral lineage, or past-life father dynamics.

- ☐ I struggle to receive love, support, or guidance without fear, guilt, or discomfort. ____ / 10
- ☐ I feel disconnected from nurturing or healthy emotional attachment. ____ / 10
- ☐ I notice avoidance or withdrawal patterns in myself or in others. ____ / 10

Score Interpretation Guide

Use this guide for each section rather than the total score.

- 0–3 | Integrated / Regulated
This area feels relatively safe and supported.
- 4–6 | Active Pattern
The wound is present and influencing behaviours, emotions, or relationships. Healing here will create noticeable shifts.
- 7–10 | Core Father Wound
This is a deep, primary expression of the Father Wound. Clearing this area may create significant emotional and energetic relief.

Higher scores = more active wound.

Lower scores = healing, integration, safety.

Before & After: Measuring Real Change

When you complete this assessment again later, look for:

- Lower scores
- Softer emotional reactions
- Less intensity in the body
- More choice, ease, or self-compassion

Even a small numerical shift in a score can represent a big internal re-patterning.

Reflection & Integration

Complete this section after reviewing your scores.

1. My Top 3 Father Wound Expressions

1.

2.

3.

2. Body Awareness - Where do I feel these patterns in my body?

3. Emotional Awareness - What emotions are most present here?

4. Core Beliefs Noticed - What beliefs about myself, love, safety, or worth are connected to these patterns?

5. Compassionate Witnessing - If these patterns were protecting me, what were they trying to prevent?

After Healing – Integration Reflection

Complete after clearings of the Wounds, Vows, Soul Contracts and Karmic Patterns. You can do this after each clearing step, or when you have finished clearing them all.

6. What Has Shifted? - Which sections feel lighter, softer, or calmer?

7. Embodied Changes - What feels different in my body, emotions, or relationships now?

8. New Inner Truths - What new beliefs or feelings of safety are emerging?

9. Self-Trust Statement Complete this sentence: *I now allow myself to feel safe to...*

This assessment is not about fixing yourself. It's about gently revealing where safety, love, and nurturing are ready to be restored.

A Final Reminder

This work is not about becoming someone new. It is about remembering the parts of you that learned to adapt and gently teaching them that they are safe now.

You are allowed to heal at your own pace. You are allowed to receive support. And remember you are already enough.

If what you uncovered feels familiar, it doesn't mean anything is wrong with you. It means something is ready to be cleared.

I work with these wounds gently and safely through energy clearing and guided healing sessions.

If you feel called to go deeper, you're welcome to [reach out](#) or book an '[Disconnected to Supported](#)' [Session](#).