

## Longing For Dad Father Loss And Its Impact

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Losing your father may be inevitable, but that doesn't make the loss of a father any easier. Whether your dad passed after a long, full life or far too soon, you may feel his absence for years to...

*18 Quotes About Losing Your Father - Loss of Father Quotes*

As you grieve the loss of your father, please know that you are in my thoughts. I wish you comfort, peace, and sweet memories of your dad in this sad time. During this incredibly challenging time, please know that you are in my thoughts. Your father loved you very much and I know that his presence in your life will be greatly missed. I love you!

*40 Touching Loss of Father Quotes - Sympathy And ...*

Rather, the book is a beautiful narrative of a father and son's mutual longing for each other that spanned many miles, misunderstandings, and years—a father and son who, through great effort on both their parts, find their way back to each other. *My Father Left Me Ireland* underscores the universal nature of father loss and longing and how deeply our relationship with our father is tied to our identity—regardless of race, class, nationality, or gender.

*Lessons on Father Absence, Longing, and Restoration in My ...*

Whether you lost your father through death or divorce, or you wished he would have said "I love you" instead of merely being a good provider, you may harbor unresolved hurt in your soul. When denied meaningful contact with our fathers, either physically or emotionally, a gaping hole or "father hunger" emerges in the child's psyche.

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Beth Erickson. Health Communications, Incorporated, May 1, 1998 - Family & Relationships - 304 pages. 0 Reviews. Whether you lost your father through death or divorce, or you wished he would have...

*Longing for Dad: Father Loss and Its Impact - Beth ...*

Father Loss and Father Hunger; 3. Father Absence and Child Development; 4. Seven Sources of Father Hunger; Part Two: Effects of Father Loss in Adulthood; 5. When Dick and Jane Grow Up: Fathers, Sons and Daughters; 6. Come Here, Go Away: Father Loss and Intimate Relationships; 7. Spiritual Issues and Father Loss; Part Three: Remedies and ...

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Father loss and father hunger --3. Father absence and child development --4. Seven sources of father hunger --pt. 2. Effects of father loss in adulthood --5. When Dick and Jane grow up : fathers, sons and daughters --6. Come here, go away : father loss and intimate relationships --7. Spiritual issues and father loss --pt. 3.

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*Longing for Dad: Father Loss and Its Impact by Beth ...*

For the daughters of divorced parents, there seemed to be such a longing for life to return to what it once was, especially after being told by one, or both, parents that things wouldn't change so much. And for the daughters whose fathers have died, there was a sense of sadness, of course, as well as questions about what might have been.

Far from being disposable, as some contemporary voices would have us believe, fathers play a crucial role in the lives of their children. When denied meaningful contact with their fathers, either physically or emotionally, a gaping hole or "father hunger" emerges in the child's psyche, from what it experiences as desertion. If left unfulfilled, this father hunger triggers pronounced psychological patterns consigning that child to personal and professional dead-ends as an adult. Father hunger manifests itself in many forms such as workaholic, substance abuse, chronic depression, sexual promiscuity, violent behavior, food addiction, and an inability to sustain intimate relationships. In this groundbreaking book, Dr. Beth Erickson helps readers and therapists identify and pinpoint the causes of father hunger and explore the spiritual crises that unresolved losses such as this generate. Provocative exercises present strategies for resolving these losses and escaping the cycle of anguish. Longing for Dad is a roadmap to a pace of comfort and hope for anyone suffering from physical or emotional father loss and will help new fathers provide their children with a strong foundation for a healthy, well-balanced adulthood.

Where Was Daddy When You Needed Him? The absence of fathers is an epidemic plaguing our society, affecting families from every corner of our world and from all walks of life. Whether our fathers left us entirely during our childhood or were physically present but emotionally distant, those who missed out on an affirming, intimate father-love continue to experience the devastating consequences of that loss. • Are you angry at the world and don't know why? • Do you inadvertently sabotage relationships or smother those closest to you? • Do you rarely take risks or step out on faith? • Is there an undercurrent of anxiety in most tasks you perform? • Do you struggle to connect with God? • Do you have little or no self-confidence-or minimal self-worth? For women who answer yes to these questions, the common denominator is often an absent father. Far too many daughters have been stripped of a healthy

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relationship with their earthly dad. But real healing is within your reach. Discover how the absence of your father has impacted your entire life—your attitude, your actions, your beliefs, your decisions, and your identity—and learn how you can stop resulting negative behaviors, break free, and experience a confidence-building, empowering love that will heal your hurts and fulfill your deepest longings.

A Midwestern family is traveling down the road of their lives, completely unaware of what waits beyond the bend. They are living the American dream, creating deep bonds and a treasure house of memories to last a lifetime. Suddenly, tragedy enters their world like a tornado. What do we do when we are forced to question everything we hold to be true? In the face of adversity, we discover what we are really made of, inside. You will recognize in these pages that part of yourself capable of surviving, recovering, and triumphing in the face of great loss and trauma. And, you will come away deeply inspired by the power of the human spirit and the enduring nature of family ties. "As a grief educator, I read many books on grief and loss. *Final Drive* is not like any other book I have read. It is compelling, fascinating, heartfelt, and inspirational. I could not stop reading. Shelly captures the true experience of loss, grief, hope, resilience, and love. I highly recommend this book." Lisa Athan, MA, Executive Director of Grief Speaks "*Final Drive* tells of unspeakable grief and loss in a way that inspires its readers to keep on keepin' on. It is a must-read for parents who find themselves in the heart wrenching situation of helping their children deal with tragedy." Dr. Beth Erickson, Author of *Longing for Dad: Father Loss and Its Impact*, and *Host of Relationships 101* on [www.webtalkradio.net](http://www.webtalkradio.net) "*Final Drive* is a book with conviction and intensity. In its pages, the author learns to embrace the promise of tomorrow. As readers follow her blueprint for life, we are reminded to remember the tender songs of life over the crippling fear of loss." Sherry Russell, Board Certified Expert in Traumatic Stress, Author of *Conquering the Mysteries and Lies of Grief*

According to a recent U.S. census, approximately 2.5 million children under the age of eighteen have experienced the death of a parent. Losing a parent at such a young age can have devastating consequences. Beyond the grief children and young adults experience, they can be at risk for many negative outcomes, including depression, anxiety, and post-traumatic stress symptoms, as well as diminished self-esteem. Their academic success and relationships with others can also be adversely affected. For these young adults, help is not always easy to find. In *Parental Death: The Ultimate Teen Guide*, Michelle Shreeve offers a variety of ways in which young people can cope with this tough experience. In addition to outlining the universal difficulties of losing a parent, the author also points out the unique dynamics of specific losses—sons who lose fathers, daughters who lose mothers, sons who lose mothers, and daughters who lose fathers—and what those losses can mean for their future development. This book also identifies how the challenges of life without a parent can affect a young adult at different stages. Featuring real stories and quotes from teens about their experiences, this book shows young adults a variety of views about the death of a parent, and provides coping strategies that young people can call upon to help them through this difficulty. *Parental Death: The Ultimate Teen Guide* serves as a valuable resource for all teens, whether they are dealing with tragedy personally or are looking for ways to console friends or siblings.

If you have recently lost your father, first: our condolences, we understand the feelings of loss. Therapeutic writing "Letter" This Letter allows you after losing your dad to express yourself freely and safely, keep all your various heart feels and thoughts organized in one easy to find a spot, It also provides you with the tools to explore within so that you can build your inner strength again, this type of writing is the most therapeutic as you have the opportunity to speak out from the heart about what you want to express. It can be especially helpful when the letter touches a sensitive issue. This journal includes: The actual letter: (here is part of the letter) Dear Dad, I want to Say - without you is... - Since you've been gone, I find it difficult to... - If you were here now... - My favorite thing we used to do together... - Ten words that best describe you... - If I could be like you in any way, I would adopt their... - This quote reminds me of you... - Ten Things I've learned about myself since you passed away... - In the last days, I have been feeling a lot of... Note: There are more pages that contain the rest of the letter, this list is just for illustration, it is incomplete. - write out what you want to say to your dad, how you felt. - write down all the things you wish about will be. - writing out the plans you wish and dream to be doing with dad. - write out the time you feel down or depressed for you to describe your struggles and heart hurts with loss of father. and much more! Also, Grief Journal includes: The poetry: every time, you have a lot of space to write a poem about your father, there is also a poem written that you can draw inspiration from. My Favourite memories with my dad: Use this place to write out your favorites memories with your father. Things that will always remind me of my father: this section is dedicated to putting or writing all the beautiful things that will make you remember your father always {Images - Songs - Food - Quotes - Jokes - And More}. At last, whether you've just lost your dad, or it's been some years, hopefully, some of the changes are eventual decreases in the intensity of painful feelings and longing and decreases in the length of time grief and feel overwhelming. everyone grieves differently and within their own timeframe, the low times aren't as low and don't last as long, As time passes and we grow, we can also have new questions and insights about our losses which change the grief we experience, just let your heart and mind heal from this traumatic experience, never judge yourself in the healing process. Listen to your heart and write down everything you feel, whenever needed just write again freely.

A trusted counselor helps readers move from heartache to joy as they overcome the wounds from a missing, abusive, or absent father.

"The strong, authentic voices of the women sharing their own narratives and awakenings from life without

fathers is the power of this book." —Esme AAMBC Non-Fiction Self-Help Book of the Year AAMBC Breakout Author of the Year *He Never Came Home* is a collection of twenty-two personal essays written by girls and women who have been separated from their fathers by way of divorce, abandonment, or death. The contributors to this collection come from a wide range of different backgrounds in terms of race, socioeconomic status, religion, and geographic location. Their essays offer deep insights into the emotions related to losing one's father, including sadness, indifference, anger, acceptance—and everything in between. This book, edited by *Essence* magazine's west coast editor Regina R. Robertson, is first and foremost an offering to young girls and women who have endured the loss of their fathers. But it also speaks to mothers who are raising girls without a father present, offering important perspective into their daughter's feelings and struggles. The essays in *He Never Came Home* are organized into three categories: "Divorce," "Distant," and "Deceased." With essays by contributors including Emmy Award-winning actress Regina King, fitness expert and *New York Times* bestselling author Gabrielle Reece, television comedy writer Jenny Lee—and a foreword by TV news anchor Joy-Ann Reid—this anthology illustrates the journey of the fatherless, and provides a space for these writers to express their pain, hope, and healing, minus any judgments and without apology.

The perfect gift for parents this Father's Day: a beautiful, gut-wrenching memoir of Irish identity, fatherhood, and what we owe to the past. "A heartbreaking and redemptive book, written with courage and grace." —J.D. Vance, author of *Hillbilly Elegy* "...a lovely little book." —Ross Douthat, *The New York Times* The child of an Irish man and an Irish-American woman who split up before he was born, Michael Brendan Dougherty grew up with an acute sense of absence. He was raised in New Jersey by his hard-working single mother, who gave him a passion for Ireland, the land of her roots and the home of Michael's father. She put him to bed using little phrases in the Irish language, sang traditional songs, and filled their home with a romantic vision of a homeland over the horizon. Every few years, his father returned from Dublin for a visit, but those encounters were never long enough. Devastated by his father's departures, Michael eventually consoled himself by believing that fatherhood was best understood as a check in the mail. Wearied by the Irish kitsch of the 1990s, he began to reject his mother's Irish nationalism as a romantic myth. Years later, when Michael found out that he would soon be a father himself, he could no longer afford to be jaded; he would need to tell his daughter who she is and where she comes from. He immediately re-immersed himself in the biographies of firebrands like Patrick Pearse and studied the Irish language. And he decided to reconnect with the man who had left him behind, and the nation just over the horizon. He began writing letters to his father about what he remembered, missed, and longed for. Those letters would become this book. Along the way, Michael realized that his longings were shared by many Americans of every ethnicity and background. So many of us these days lack a clear sense of our cultural origins or even a vocabulary for expressing this lack--so we avoid talking about our roots altogether. As a result, the traditional sense of pride has started to feel foreign and dangerous; we've become great consumers of cultural kitsch, but useless conservators of our true history. In these deeply felt and fascinating letters, Dougherty goes beyond his family's story to share a fascinating meditation on the meaning of identity in America.

Losing a parent at any time in one's life is difficult, but losing a parent when a teenager brings its own distinct challenges. *Coping with Parental Death* offers coping strategies, expert advice, useful resources, and valuable insight from other young adults, providing support to those struggling with the death of one or both of their parents.

An intriguing and compelling narrative that focuses on a number of women who experienced dysfunctional, distant, or non-existent relationships with their fathers and a valuable guide to forming healthy relationships.

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