

**Transition:** Thank you for sharing about your fathers. Next, we will look at ways that we are like our father and ways that we are different.

### Like Father Like Son

*The purpose of this exercise is to help men understand the degree to which their fathers impacted them; what the positive characteristics their father were, and our awareness of the decisions we make to be different from our father.*

### LIKE FATHER LIKE SON

**Instructor state:** Let's review some points about our next activity. The instructions are to take three minutes to write down characteristics we have that are similar to and different from our father/father figure in each column. Here is some help for this activity.

1. *Identify similarities and differences*

*Take three minutes to write down characteristics we have that are similar to and different from our father/father figure in each column.*

*Examples:*

- *Physically – facial features, height, build, color*
- *Psychologically – hot tempered, hold emotions in*
- *Socially – education, financial status, outgoing*
- *Spiritually – practice faith, attend religious services*
- *Behaviors – walk, posture*

Like My Father

Not Like My Father

1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

2. *Identify positives of similarities and differences*