

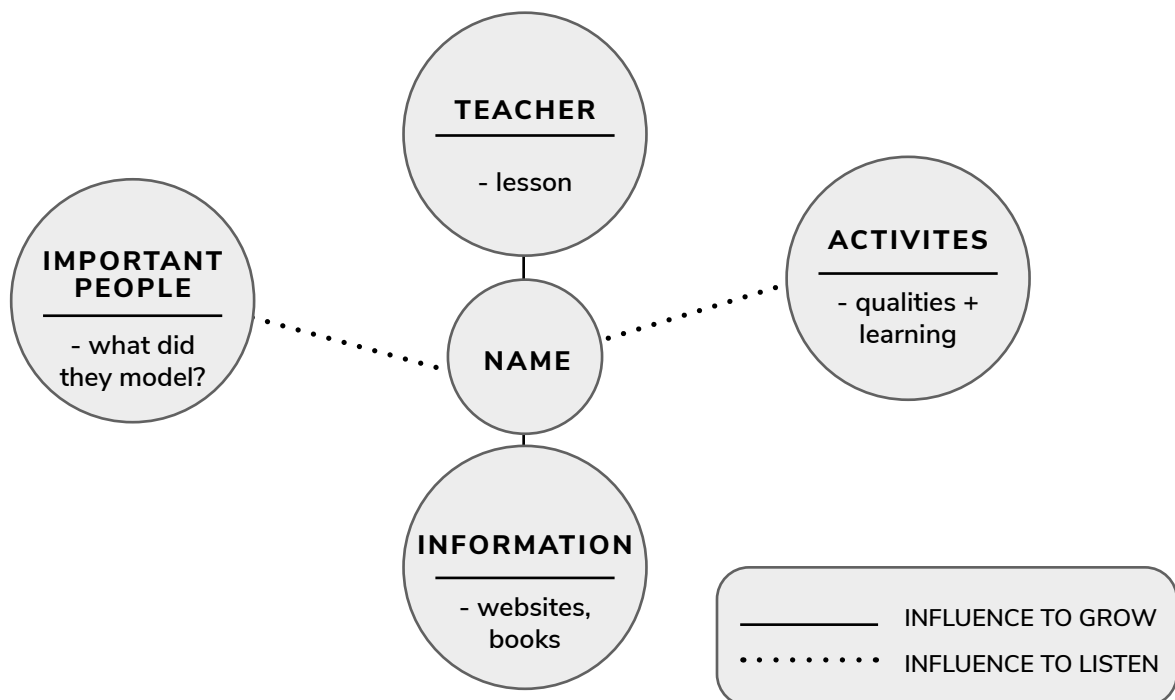
MAPPING CIRCLES OF INFLUENCE

PURPOSE

This activity is used to build awareness of the various influences, both past and present, that may shape a father's role as a parent. With increased awareness comes greater intentionality as a dad.

INSTRUCTIONS

- 1 Invite the father to place his name in the middle of a blank piece of paper.
- 2 Ask him to name and add on the map the various influences, both past and present, on how he is and wants to be as a dad. The influences may be people (known to him, or fictional characters), activities (exercise, traditions, alcohol/drugs, work), or other sources of learning. Qualities learned from these influences may be included.
- 3 Invite the father to consider which of these influences he wants to grow (using a thicker line) and which he wishes to lessen (using a dotted line).



- 4 Continue the conversation:
 - What was it like to do this exercise?
 - What themes do you notice?
 - What do you want to take from this?
 - When you consider your influence on your children, what do you hope they learn about being a parent/father?