



Session Six

“The Overly-Bonded with Mother Wound”

I. The “Mom” Factor

II. Two Significant Breaks With Mom

- A. From Physical bondedness.
- B. From Emotional bondedness.
- C. Real health for a man with Mom moves him...

FROM → TO → TO → TO

<u>Oneness</u> with <u>mom</u>	A healthy <u>physical</u>	A healthy <u>emotional</u>	<u>Oneness</u> with <u>a woman</u>
PHYSICALLY	SEPARATION	SEPARATION	RELATIONALLY

III. Exploring the Mother Wound

- A. A Definition:
An unhealthy emotional relationship with Mother that causes a son to either be threatened by the influence of women later on in life or to overly identify and become submissive to that influence.
- B. Important Characteristics:
 1. Mother wound is subtle.
 2. Not a wound of abuse, neglect, or absenteeism, but a wound disguised as love and care.
 3. This is not a wound of inattention but of over attention.
 4. This wound looks like love but feels like control.
 5. This wound is so powerful, it can warp or shape the masculine psyche.

IV. How This Wound Occurs

- A. It often begins with an absent or distant father.
- B. It can be inflicted by one of four types of moms:
 1. Ignorant Moms
 2. Needy, hurting Moms
 3. Unwilling to Release Moms
 4. Fill in the Gap Moms.

V. How This Wound Manifests Itself in Adulthood: Two Responses

- A. Men become dominant and controlling toward women.
- B. Men become passive and submissive toward women.

QUESTIONS FOR YOUR SMALL GROUP DISCUSSION

- What most impacted you in this session? Explain.

- Describe your relationship with your Mom growing up. How is (was) it as an adult?

- Would you say you have effectively made “the break” with Mom? Does your Mom presently exert an unhealthy influence in your life? Your marriage? What would your wife say?

- Can you see a connection between the way you relate to your mom and how you relate to other women in your life? In how you relate to your wife, if you have one?

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