



BREAKING THE CHAIN: REWRITING THE LEGACY OF FATHERHOOD

MEN'S MENTAL HEALTH AWARENESS

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WELCOME

Breaking the Chain
Rewriting the Legacy of Fatherhood

Breaking the Chain: Rewriting the Legacy of Fatherhood

Workshop Outcomes:

- Identify and understand generational patterns that influence fatherhood and relationships.
- Develop practical tools for emotional health, communication, and conflict resolution.
- Learn strategies for building trust, presence, and consistency within the family.
- Create a personal action plan for breaking unhealthy cycles and establishing a lasting legacy of positive fatherhood.

Let's Get Right to it!

Using ONE word in the chat, what quality describes the kind of father or mentor you want to be, or the kind of father or mentor you had in your life?

Understanding Generational Cycles

What Is a Generational Cycle?

Examples

- Emotional distance
- Anger
- Addiction
- Silence
- Poor communication
- Absence
- Violence
- Lack of affection

The Father Wound: How Unhealed Experiences Shape Our Lives

The Father Wound Can Look Like:

- Difficulty expressing emotions
- Fear of vulnerability
- Perfectionism
- Anger
- Workaholism
- Fear of failure
- Difficulty trusting others
- Avoiding conflict

Breaking the Chain: Healing Starts with One Decision

Five Ways to Break the Cycle

1. Become Self-Aware
2. Heal Your Own Wounds
3. Learn Emotional Language
4. Choose Presence Over Perfection
5. Leave a Different Legacy

Building a New Legacy: The Legacy Challenge

The Four Legacy Commitments

I will...

- ✓ Be Present
- ✓ Be Honest
- ✓ Apologize
- ✓ Keep Learning

Call to Action

Complete each statement:

"The cycle that ends with me is _____."

"The legacy I will build is _____."

Answer this question?

What's one action you'll commit to this week to begin breaking the chain?

30-Day Legacy Challenge

Commit to one intentional action each day, such as:

- Have one meaningful conversation with your child or mentee.
- Express an emotion without anger.
- Apologize when you make a mistake.
- Share a life lesson with the next generation.
- Spend uninterrupted quality time with your family.
- Write a letter to your future children or grandchildren about the values you hope to pass on.

Closing Thought

*You may not be responsible for the legacy you inherited, but
you are responsible for the legacy you create.*

THANK YOU FOR PARTICIPATING TODAY

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