



**Welcome to**

***Men's Fraternity***

**Week 7**

**The Mother Wound**

Let's get this straight up front..

I am not picking on **YOUR**  
mother !!!

A healthy relationship with mom  
requires two separate “breaks”....

A. From physical bondedness...

From being literally “one” with mom

Mom cannot do it herself

a physical transformation to separateness

For some moms deeply significant

her relationship literally “cut off”

Can result in post partum depression

B. From emotional bondedness.

also must occur for healthy  
relationships to happen

may be more traumatic than cutting  
the cord for some moms

some cultures ritualize this event

So, where and when in our society  
does this event occur?

- Never!
- There is no clear place where sons are effectively separated from their moms
- May result in emotional bondedness that is not resolved – a connection to both worlds, still tied to mom, who never let go

The healthy, natural  
progression of the  
relationship of a son to his  
mother...

**FROM**

Oneness  
with Mom  
literally



**TO**

A healthy  
physical  
separation



**TO**

A healthy  
emotional  
separation



**FROM**

Oneness  
with Mom  
literally



**TO**

A healthy  
physical  
separation



**TO**

A healthy  
emotional  
separation



**TO**

Oneness  
with a woman  
relationally



For this cause a man shall  
leave his father and his mother,  
and shall cleave to his wife;  
and they shall become one flesh.

Genesis 2:24

# *The Overly Bonded Mother Wound*

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 over-identify and become submissive to that influence.

# The Overly Bonded Mother Wound

Much more pervasive than you might think,  
because it can be so subtle.

Many men who carry this wound think that  
they are alone in it.

It changes how you relate to girlfriends or  
wives.

# IMPORTANT CHARACTERISTICS

1. This wound is not blatant, but subtle.  
Father Wound is a nasty gash, but the  
Mother Wound is a paper cut.

## IMPORTANT CHARACTERISTICS

2. This wound is not one of abuse, neglect, or absenteeism, but a wound disguised as love and care.

It's the Trojan Horse of wounds, sneaky, not obvious. You invite it in, it looks like a gift.

# IMPORTANT CHARACTERISTICS

3. This is not a wound of inattention but over-attention.

Over involvement  
Over connection  
Over dependence

# IMPORTANT CHARACTERISTICS

4. This wound looks like love but feels like control.

## IMPORTANT CHARACTERISTICS

5. This wound is so powerful, it can wrongly shape or warp the masculine psyche.

Men can be so tethered to mom's desires, feelings, needs – it affects their relationship with their kids, their wives



*"Next session, Mrs. Bentlow, I'd like your son to solo."*

## HOW THIS WOUND OCCURS

A. It often begins with an absent or distant father.

Mom may call on her son to step into the “man role.” It is very difficult for sons to refuse that role, as mothers may be desperate for help with their own issues.

Remember, 40% of families have a gap in the “man role,” and the mom does what she has to do.

## HOW THIS WOUND OCCURS

A. It often begins with an absent or distant father.

B. It can also be inflicted by one of four types of Moms.

# FOUR TYPES OF MOMS

## 1. Ignorant Moms

Unaware of her power over her son.

Unaware of son's need to move forward in his manhood development, so she continues to relate to him as a boy.

Wakes him in am, goes to appts, covering for him, writing his checks.

Suffocates his masculinity.

# FOUR TYPES OF MOMS

## 2. Needy, Hurting Moms

Sons grafted into gap left by dad.  
These moms “marry” their sons.  
These surrogate dads will leave a hole when they try to leave, so mom becomes overinvolved, intrusive, moves into the marriage.

# FOUR TYPES OF MOMS

## 3. Unwilling to Release Moms

Strong willed, dominant moms, who want and need control. Decide issues of holidays, unwanted visits, buys gifts without approval. If the man stands up to his mom – divided loyalties, and  
WAR!

## FOUR TYPES OF MOMS

### 4. Fill in the Gaps Moms

Mom tries to cover for the missing Dad. Only real solution is other male mentors, but mom may be unwilling or unable to arrange them.

Two responses boys may have to the  
Mother Wound

*Prentice Tipton,*  
*“The Crisis in Black*  
*Manhood”*

## TWO RESPONSES

**One tendency** for boys growing up in such circumstances is to rebel against women who are authorities over them and become socially disruptive -- irresponsible in family and work commitments, overly assertive about their manly prowess, especially in sexual areas, or leading lives characterized by violence and crime, alcoholism, and other addictions.

## TWO RESPONSES

**Another tendency** for young men is to identify with the adult women who are authorities in their lives and learn to behave or react in ways that are more appropriate to women than to men. To the extent that young males take either option, they do not learn the discipline, the responsibility, and the character involved in being a man.

## TWO RESPONSES

A. Men become dominant and controlling toward women.

Personality may direct this response. They fight the Wound, but this determines how they relate to women – women are threats to their masculinity. Intimacy might lead to being “controlled”, so they resist it, put up barriers, seek women they can rule over, become tyrants in their home. There can be “degrees” of this response – “you trying to control me???”

## TWO RESPONSES

B. Men become passive and submissive toward women.

Epidemic in young men. Overly dependent, overly responsive to women. Tendency is to become passive, let her lead. Marries stronger women, shuns risk taking, waits to be lead, needs to be nurtured. Looks like a man, but acts feminine. What he wants: a “Mother – Wife”

# “THE FEMINIZED MAN”

Initially women like this man, he is sensitive appreciates her nurturing. Eventually she resents his lack of initiative, failure to lead, failure to take risks for his family.

**FROM**

Oneness  
with Mom  
literally



**TO**

A healthy  
physical  
separation



**TO**

A healthy  
emotional  
separation



**TO**

Oneness  
with a woman  
relationally



So, how do you cut this “umbilical cord”, and make moves to take your role as the Authentic Man in your family, with your mom, you wife, and your kids?

*That's called.....*

# *Facing the Mother Wound*

See you next week...

Outline Slides Next

# *Week Seven*

## *The Mother Wound*

**A healthy relationship with Mom requires  
two separate “breaks”**

**A. From physical bondedness**

**B. From emotional bondedness**

# *Week Seven*

## *The Mother Wound*

The natural progression of the relationship  
of a son to his mother

**From**  
**Oneness**  
**With mom**  
**literally** -> **To**  
**A healthy**  
**physical**  
**separation** -> **To**  
**A healthy**  
**emotional**  
**separation** -> **To**  
**Oneness**  
**with a woman**  
**relationally**

# **Week Seven**

## ***The Mother Wound***

### ***The Overly Bonded Mother Wound***

*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 over-identify and become submissive to that influence.*

# ***Week Seven***

## ***The Mother Wound***

### ***Characteristics of the Mother Wound***

- 1. This wound is not blatant, but subtle.**
- 2. This wound is not one 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 wrongly shape or warp the masculine psyche.**

# ***Week Seven***

## ***The Mother Wound***

### ***The Origins of the Mother Wound***

- 1. It often begins with an absent or distant father.**
- 2. It may also be inflicted by one of four types of Moms:**

**Ignorant Moms**

**Needy hurting moms**

**Unwilling to release moms**

**Fill-in-the-gaps moms**

# ***Week Seven***

## ***The Mother Wound***

### ***Two responses a son may have the Mother Wound***

- 1. Rebel against women, become socially disruptive, irresponsible, overly assertive, dominant and controlling.**

**Women threaten their masculinity, they fight/fear control.**

- 2. Learn to behave and react to life in ways that are more appropriate to women than men - the soft, feminized man. Passive, shuns risk taking, relies on nurturing of “mother- wife.”**

# ***Week Seven***

## ***The Mother Wound***

### **Questions for discussion:**

1. How were/are things with your mom?
2. Ever seen issues between a wife and a mother-in-law?
3. What might an overly bonded teen son look/act like?
4. Does mom's death nullify the Mother Wound?
5. What might the "rebellious" son look/act like?
6. What might the "feminized" man look/act like?



*GET BUSY LIVING,*

*OR*

*GET BUSY DYING.*