

I Refused to Let Divorce Affect Father-Son Relationship

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SUMMARY

The conversation explores the impact of absent father figures on personal relationships and self-esteem. The speaker reflects on their own experiences of seeking validation from male role models, which led to unhealthy relationship choices, and emphasizes the importance of fostering a positive father-son relationship.

- *The absence of a healthy father figure can lead to low self-esteem and a lack of self-worth.*
- *Individuals may seek validation from male figures, influencing their relationship choices.*
- *The speaker acknowledges a tendency to stay in unfulfilling relationships due to a desire for male approval.*
- *People-pleasing behaviors often stem from missing crucial emotional support.*
- *The speaker is determined to ensure their son maintains a strong relationship with his father.*

Speaker 1: Did you also make sure that the relationship that your son has with his father is a product of the relationship that you miss having with your father?

Speaker 2: I was constantly looking for an approval from a male role model. So whether it was making decisions or staying in relationships that didn't serve me. But hey, this person loves me and it was a male figure that loved me, right? So I think staying in relationships too long that didn't serve me in my younger days is something that came from lack of having a healthy relationship with a male figure in my life. That was the biggest, one of the biggest thing like low self esteem, low self work and just what it does to your sense of validation.

Speaker 2: You know, I was probably growing up looking for it from outside for being a people pleaser because you're missing it. You're missing an important part of your life. So I knew one thing for sure. Nothing is coming between my son and his father. I'm not going to let it happen.