



Emotional Awareness Guide for Fathers

THE FATHER'S INHERITANCE 2025

How to Use this Tool

This tool is for all of us fathers. I use it regularly. I created it to help men bring vision and voice to their emotional state, to check on what's within. Sometimes the landscape of what we're feeling is vast and it really helps to bring a clear, concise questionnaire to illuminate where we're at.

This questionnaire is designed to help you be aware of *what is*--the first step of healing. Then, with consciousness and awareness, the soul is able to bring attention to what you now aware of--the second step of healing.

How To:

- For each section you'll see a plant name + a core emotional state
- Simply check the boxes below next to any emotional description you feel.
- There's no right or wrong answer, nor good and bad.
- Feel* the response to the question, don't think it.

At the end, there will be the next steps to take your newfound **awareness** into attentive **reflection**, and then into active **practice**. You're going to be great at this.

Let's go,
-Joshua



AGRIMONY – HIDING PAIN BEHIND CHEERFULNESS

☐

*I OFTEN PUT ON A HAPPY FACE
EVEN WHEN I'M STRUGGLING INSIDE.*

☐

*I AVOID CONFLICT AND WOULD RATHER KEEP THE
PEACE THAN EXPRESS MY TRUE FEELINGS.*

☐

*I DISTRACT MYSELF FROM DISCOMFORT
WITH FOOD, WORK, OR OTHER COPING HABITS.*

ASPEN - FEAR WITHOUT KNOWN CAUSE

☐

I FEEL ANXIOUS OR UNSETTLED, BUT CAN'T NAME WHY

☐

*I SENSE THAT SOMETHING BAD MIGHT HAPPEN, EVEN
WHEN THINGS ARE FINE*

☐

I WAKE UP FEELING TENSE OR ON EDGE FOR NO REASON

WHITE CHESTNUT – MENTAL LOOPING

☐

I CAN'T TURN OFF MY THOUGHTS, ESPECIALLY AT NIGHT.

☐

*I REPLAY CONVERSATIONS OR WORRIES OVER AND
OVER.*

☐

MY MIND FEELS LIKE IT'S RUNNING NONSTOP.



CENTAURY – PEOPLE-PLEASING & SELF-NEGLECT

☐

*I OFTEN PUT OTHERS' NEEDS AHEAD OF MY OWN,
EVEN WHEN I'M EXHAUSTED*

☐

I STRUGGLE TO SAY "NO," EVEN WHEN I WANT TO

☐

*I LET MYSELF GET PULLED IN TOO MANY DIRECTIONS
TRYING TO PLEASE EVERYONE*

CHESTNUT BUD – REPEATING OLD MISTAKES

☐

*I FIND MYSELF MAKING THE SAME
MISTAKES OVER AND OVER*

☐

*I REALIZE THINGS AFTER THE FACT, BUT NOT IN THE
MOMENT*

☐

I STRUGGLE TO LEARN FROM PAST EXPERIENCES

CHERRY PLUM – FEAR OF LOSING CONTROL

☐

I SOMETIMES FEAR I'LL LOSE CONTROL EMOTIONALLY.

☐

*I'VE HAD MOMENTS OF RAGE, PANIC, OR EMOTIONAL
INTENSITY THAT SCARED ME.*

☐

I BOTTLE THINGS UP UNTIL THEY EXPLODE.



ELM – OVERWHELMED BY RESPONSIBILITY

- ☐ *I USUALLY HANDLE A LOT—BUT NOW I FEEL OVERWHELMED.*
- ☐ *I SUDDENLY DON'T FEEL CAPABLE OF MEETING ALL THESE RESPONSIBILITIES.*
- ☐ *I FEEL LIKE I'M COLLAPSING UNDER PRESSURE.*

OLIVE – DEEP EXHAUSTION

- ☐ *I FEEL COMPLETELY DRAINED—PHYSICALLY, EMOTIONALLY, SPIRITUALLY.*
- ☐ *EVEN WITH REST, I DON'T FEEL RESTORED.*
- ☐ *I'VE BEEN RUNNING ON EMPTY FOR A LONG TIME.*

OAK – OVERWORKING THROUGH FATIGUE

- ☐ *I DON'T STOP, EVEN WHEN I'M EXHAUSTED.*
- ☐ *I FEEL LIKE I HAVE TO HOLD EVERYTHING TOGETHER.*
- ☐ *I NEGLECT MY OWN NEEDS TO FULFILL MY RESPONSIBILITIES.*



LARCH - LACK OF CONFIDENCE

☐

I DOUBT I'M A GOOD ENOUGH FATHER.

☐

*I OFTEN COMPARE MYSELF TO OTHERS AND FEEL I
COME UP SHORT.*

☐

I HESITATE TO TAKE INITIATIVE OUT OF FEAR I'LL FAIL.

PINE - GUILT AND SELF-BLAME

☐

I FEEL GUILTY WHEN I'M NOT PRESENT OR PERFECT.

☐

I OFTEN FEEL LIKE I'M NOT DOING ENOUGH.

☐

*I BLAME MYSELF WHEN THINGS GO WRONG
WITH MY PARTNER OR BABY.*

CERATO - DOUBTING INTUITION

☐

*I SEEK REASSURANCE FROM OTHERS
BEFORE MAKING DECISIONS.*

☐

I QUESTION MY PARENTING CHOICES CONSTANTLY.

☐

I OFTEN IGNORE MY INSTINCTS, THEN REGRET IT.



CLEMATIS - DISCONNECTION AND SPACINESS

- ☐ *I FEEL LIKE I'M NOT FULLY HERE—LIKE I'M DRIFTING.*
- ☐ *IT'S HARD FOR ME TO FOCUS OR STAY ENGAGED.*
- ☐ *I OFTEN "CHECK OUT" EMOTIONALLY OR MENTALLY.*

WATER VIOLET - EMOTIONAL WITHDRAWAL

- ☐ *I ISOLATE WHEN I FEEL OVERWHELMED OR EMOTIONAL.*
- ☐ *I STRUGGLE TO LET OTHERS INTO MY INNER WORLD.*
- ☐ *EVEN WITH PEOPLE AROUND, I OFTEN FEEL ALONE.*

HONEYSUCKLE - LONGING FOR THE PAST

- ☐ *I OFTEN FIND MYSELF MISSING HOW LIFE USED TO BE.*
- ☐ *I HAVE TROUBLE EMBRACING THE PRESENT MOMENT.*
- ☐ *PART OF ME IS STILL LIVING IN A PREVIOUS SEASON.*

HOLLY - IRRITATION AND RESENTMENT

☐

I GET ANGRY OR IRRITATED EASILY, EVEN IF I HIDE IT.

☐

*I SOMETIMES FEEL RESENTMENT TOWARD MY PARTNER
OR OTHERS.*

☐

*I HAVE FELT FLASHES OF JEALOUSY OR MISTRUST
SINCE BECOMING A FATHER.*

BEECH - CRITICISM AND INTOLERANCE

☐

*I FIND MYSELF OVERLY CRITICAL OF HOW OTHERS
PARENT (INCLUDING MY LADY).*

☐

I GET ANNOYED EASILY BY OTHER PEOPLE'S HABITS.

☐

I FEEL LIKE I'M THE ONLY ONE DOING THINGS "RIGHT."

IMPATIENS - IRRITABILITY AND RUSHING

☐

I GET FRUSTRATED WHEN THINGS MOVE SLOWLY.

☐

*I LOSE PATIENCE WITH MY LADY, BABY, OBJECTS,
PROJECTS, OR DAILY TASKS.*

☐

I OFTEN FEEL RUSHED AND TENSE.

VINE - CONTROL AND DOMINANCE

☐

*I TAKE CHARGE IN MOST SITUATIONS—
EVEN WHEN I DON'T MEAN TO.*

☐

I GET UPSET WHEN OTHERS DON'T DO THINGS MY WAY.

☐

*I STRUGGLE TO TRUST OTHERS
TO HANDLE THINGS WITH IMPORTANT THINGS*

RED CHESTNUT - EXCESSIVE WORRY FOR LOVED ONES

☐

*I'M CONSTANTLY WORRYING SOMETHING BAD
WILL HAPPEN TO MY BABY OR MY WOMAN*

☐

*I FEEL OVERLY RESPONSIBLE FOR MY WIFE/GIRLFRIEND'S
WELL-BEING.*

☐

*I HAVE A HARD TIME SEPARATING MY ANXIETY
FROM OTHERS' EMOTIONS.*

MIMULUS - FEAR OF KNOWN THINGS

☐

*I FEEL FEAR ABOUT SPECIFIC THINGS—
LIKE MONEY, HEALTH, OR SAFETY.*

☐

*I GET ANXIOUS ABOUT SITUATIONS THAT MIGHT GO
WRONG.*

☐

I AM GENERALLY CAUTIOUS AND SENSITIVE.

MUSTARD – SUDDEN SADNESS OR DEPRESSION

☐

*I FEEL WAVES OF SADNESS
THAT SEEM TO COME OUT OF NOWHERE.*

☐

EVEN WHEN THINGS ARE GOING WELL, I FEEL LOW.

☐

*I EXPERIENCE EMOTIONAL FOG
OR MELANCHOLY WITHOUT REASON.*

WILD ROSE – APATHY AND RESIGNATION

☐

I FEEL LIKE I'VE GIVEN UP ON CERTAIN PARTS OF MYSELF.

☐

*I GO THROUGH THE MOTIONS WITHOUT MUCH
FEELING.*

☐

PART OF ME FEELS LIKE, "WHAT'S THE POINT?"

WILD OAT – LACK OF PURPOSE OR DIRECTION

☐

*I WANT TO BE PURPOSEFUL,
BUT I DON'T KNOW WHAT THAT LOOKS LIKE NOW.*

☐

*SINCE BECOMING A DAD, I FEEL LOST OR WITHOUT
VISION.*

☐

I'M AMBITIOUS, BUT I DON'T KNOW WHAT I'M AIMING FOR.

CHICORY - CLINGING & OVER-ATTACHMENT

- ☐ *I WANT MY PARTNER OR CHILD CLOSE TO FEEL SECURE*
- ☐ *MY LOVE CAN BE A BIT SUFFOCATING TO OTHERS*
- ☐ *I SOMETIMES TRY TO CONTROL LOVE OUT OF FEAR OF LOSING IT*

CRAB APPLE - BODY SHAME & CLEANLINESS FIXATION

- ☐ *I FEEL UNCOMFORTABLE OR "OFF" IN MY OWN BODY*
- ☐ *I OBSESS OVER SMALL IMPERFECTIONS IN MYSELF OR MY ENVIRONMENT*
- ☐ *I SOMETIMES FEEL "UNCLEAN" EMOTIONALLY OR PHYSICALLY*

GENTIAN - DISCOURAGEMENT AFTER SETBACKS

- ☐ *I FEEL DISCOURAGED EASILY WHEN THINGS DON'T GO AS PLANNED*
- ☐ *I STRUGGLE TO BOUNCE BACK FROM EVEN SMALL DISAPPOINTMENTS*
- ☐ *I OFTEN EXPECT THINGS TO GO WRONG*

GORSE – HOPELESSNESS

☐

*I FEEL LIKE I'VE LOST HOPE THAT
THINGS WILL EVER CHANGE*

☐

I'VE STOPPED TRYING BECAUSE IT FEELS POINTLESS

☐

DEEP DOWN, I DON'T BELIEVE BETTER IS POSSIBLE

HORNBEAM – MENTAL FATIGUE & PROCRASTINATION

☐

I FEEL MENTALLY TIRED BEFORE THE DAY EVEN STARTS

☐

I TEND TO PUT OFF TASKS, EVEN SMALL ONES

☐

I LACK MOTIVATION EVEN FOR THINGS I USED TO ENJOY

ROCK ROSE – PANIC & TERROR

☐

I SOMETIMES FEEL FROZEN IN FEAR OR PANIC

☐

MY FEAR CAN FEEL SO STRONG IT OVERTAKES MY BODY

☐

*I AVOID CERTAIN SITUATIONS BECAUSE
OF HOW INTENSE MY FEAR IS*

ROCK WATER – PERFECTIONISM TOWARD SELF

- ☐ *I HOLD MYSELF TO UNREALISTICALLY HIGH STANDARDS*
- ☐ *I PUSH MYSELF HARD IN ROUTINES, HEALTH, OR
DISCIPLINE*
- ☐ *I DON'T ALLOW MYSELF TO RELAX
OR BREAK MY OWN RULES*

SCLERANTHUS – INDECISION & INNER TURBULENCE

- ☐ *I GO BACK AND FORTH BETWEEN
OPTIONS AND STRUGGLE TO DECIDE*
- ☐ *I TEND TO PUT OFF TASKS, EVEN SMALL ONES*
- ☐ *I LACK MOTIVATION EVEN FOR THINGS I USED TO ENJOY*

ROCK ROSE – PANIC & TERROR

- ☐ *I SOMETIMES FEEL FROZEN IN FEAR OR PANIC*
- ☐ *MY FEAR CAN FEEL SO STRONG IT OVERTAKES MY BODY*
- ☐ *I AVOID CERTAIN SITUATIONS BECAUSE
OF HOW INTENSE MY FEAR IS*

HEATHER – SELF-ABSORPTION & NEED FOR ATTENTION

☐

I OFTEN DOMINATE CONVERSATIONS WITH MY OWN PROBLEMS OR STORIES

☐

I FEEL UNEASY OR ANXIOUS WHEN I'M ALONE OR NOT BEING HEARD

☐

I SEEK VALIDATION OR CONNECTION SO INTENSELY THAT I CAN OVERWHELM OTHERS

SWEET CHESTNUT – DEEP DESPAIR OR INNER CRISIS

☐

I'VE FELT LIKE I'VE HIT AN EMOTIONAL ROCK BOTTOM

☐

I'VE EXPERIENCED MOMENTS OF HOPELESSNESS OR SPIRITUAL ANGUISH

☐

I FEEL LIKE I'M AT THE LIMIT OF WHAT I CAN EMOTIONALLY ENDURE

WALNUT – TRANSITIONS & OUTSIDE INFLUENCE

☐

I'M GOING THROUGH A BIG LIFE CHANGE AND FEEL UNSETTLED

☐

I ABSORB THE MOODS AND ENERGY OF PEOPLE AROUND ME—EVEN WHEN I DON'T WANT TO

☐

OTHER PEOPLE'S OPINIONS OR EMOTIONS OFTEN SHAPE HOW I FEEL OR ACT

STAR OF BETHLEHEM – SHOCK OR UNHEALED GRIEF

☐

*I'VE EXPERIENCED A SHOCK
OR TRAUMA THAT STILL AFFECTS ME.*

☐

*I CARRY UNPROCESSED GRIEF RELATED TO BIRTH,
FATHERHOOD, OR PAST EVENTS.*

☐

I FEEL LIKE A PART OF ME IS STILL FROZEN OR IN PAIN.

VERVAIN – OVERENTHUSIASM & BURNOUT

☐

*I GET INTENSELY PASSIONATE
AND FIND IT HARD TO SLOW DOWN*

☐

*I TRY TO CONVINCE OTHERS OF MY PERSPECTIVE AND
STRUGGLE WHEN THEY RESIST*

☐

*I PUSH MYSELF TOO HARD IN THE NAME OF A CAUSE,
IDEAL, OR GOAL AND BURN OUT*

WILLOW – BITTERNESS & VICTIMHOOD

☐

*I SOMETIMES FEEL LIFE IS UNFAIR AND
DWELL ON WHAT'S GONE WRONG*

☐

*I HOLD ONTO RESENTMENT WHEN THINGS DON'T GO
MY WAY*

☐

*I STRUGGLE TO CELEBRATE
OTHERS' HAPPINESS OR SUCCESS*

Alright, my man. You're back. The honesty that you just brought is a huge movement of emotional **Awareness**. And awareness is the first and biggest step.

Now it's time for **Reflection**. Get your pen and journal or some paper out (if you don't have one, now's a good time to get one). The following questions are here to help you *reflect* on what you are now aware of, so you can feel your way through all of that energy and information you just discovered. Make sense?

Q: For which emotional states did you check the most boxes? Count 'em up. Did you check any with all three? (Totally normal if you did). Those are the ones you now get to "work" with to balance back out. The next questions are about *those* emotional states.

Q: How do these negative emotional states affect you and your loved ones?

Q: What would life be like if you were in the *positive* version of that emotional state? (ex. Patience rather than Impatience, Unconditional Love rather than Conditional Love).

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Now it's time for **Practice**:

- For each negative emotional state, I want you to write an affirmation phrase that shifts you into the positive emotional state. (Ex. *"I feel like I've lost hope that things will ever change," becomes "from now on I choose to rekindle my hope and I know things can always change for the better."*)
- Say this new phrase aloud to yourself, even if it's a whisper. Check out how that feels.
- Write this phrase down and learn it by heart. Anchor yourself in it. Repeat it all throughout the day.