

## WAH Part 2-The Poser and the Question ( Session worksheet)

The Poser and the Question that haunts every man is important to review quietly by yourself. Every man has the same question: Have I really got what it takes when it really counts? Can I come through? The poser is created out of the fear that we do not have what it takes! And the poser is in the way. There is no moving forward in our journey until we are honest about the way we have been hiding, faking our way through life. We must leave the poser behind!

1. Bill Murray plays Phil Connors the self-centred weatherman in Ground Hog Day where he tries several times to fake his way into the life of the lady newscast producer. He is a classic poser and we all do the same in different ways. Reflect on how you pose.

2. Think about your father. Describe him. How did he spend his spare time? What did you do together? How did he make you feel about yourself?

Answer:

3. Where do you get your identity from? Is it from your work, your car, your assets, your wife, your prowess in sports, your intellect, your past sexual conquests?

Answer:

4. Are you aware of a simmering anger just under the surface of your life? What may be the cause of this? Describe a recent event that really pissed you off.

Answers:

5. Think about and describe your worst fear. It maybe something you have always avoided trying, or what will people say about you if you fail. It maybe about a secret in your life being exposed. Are you willing to share it?

Answer:

6. We are all posers to some degree or other. What are the facades or fig leaves you hide behind? Do you still pose the same now as when you were a teenager?

Answers:

7. Are you willing to ask a couple of people you really trust to describe you as a man. Consider using some of the questions on page 68 of field book. What words do you fear they may use?

Answers:

8. Is there something you are afraid of that people may say about you as a man?

Answer:

9. How do you see yourself as a man? Be honest about this. We are all different and there is no specifically correct answer. The end question is: Do I have what it takes to come through.

Answer:

10. What do you need to do to get rid of the poser in your life?

Answer:

Make sure you read the chapter on 'The Wound' before next week.

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