

Shaun Patterson

Dr. Martin Sanders

DMN801

Cohort 124

Grief Journal

1. Extremely insecure – My middle school was all White.
2. I feel like I am alone – My Grandfather passed away in November and my mentor passed away in September. They both had a profound impact on me and my ministry.
3. I think that I am going to fail at what God has given me – I do not feel like I have what it takes to do all that God has called me to.
4. I feel that I can potentially blow up my marriage by doing something totally unacceptable – I feel like I cannot be vulnerable with my wife.
5. I do not trust myself – I know I am a leader, but I do not trust myself. It is hard for me to tell when my actions are a God move or a Shaun move.
6. I often think that I am not worthy. – With the position I hold, I feel like I must be perfect because if not, they will find me out and I will be exposed as the person I really am.
7. I often think that I am a fraud and that I just got here by chance.
8. I do not believe in my ability to lead.
9. I feel like no one really understands me.
10. Favoritism has allowed me to perform.

Small Group Time

My small group time with Rob was extremely helpful. I explained each part of my grief journal in-depth from my middle school years of feeling insecure about who I am, to most recently feeling the weight of being the favorite child causing me to perform as such because I am afraid to let anyone down. Although this is my third time doing a grief journal, this time my abandonment issues with my father came through even though I thought I was over it. I realized during my leadership I become upset when people leave, I automatically question if I did something to cause them to leave. Rob was instrumental in pointing out that connection, making me aware of these issues.

Rob and my group also affirmed me as a man, husband, and father. I struggle with these roles because I worry that I will do something to destroy what God is doing in my life. I worry I do not have the ability to be a godly man. I felt like God broke something inside of me when Rob said "You're a good man" - that is not always how I feel and I believe that feeling is from not being affirmed by the people I feel like should have affirmed me, specifically my father.

I also struggle with being confident in my role at work. Even though our school has done so much to combat racial disparities, I do feel like I am stigmatized because I am young Black man. People look at my age and skin color and the first thing they ask is how I have this job or if I am qualified. Being able to stand in humility, I know that no matter what others may say, Jesus loves me, and it only matters what he says about me as I am loved by him.