
THEY GREW UP IN THE SHADOW OF THEIR PARENTS' TURBULENT MARRIAGE. NOW AS ADULTS, A BROTHER AND SISTER CONFRONT GENERATIONAL TRAUMA AND FORGIVENESS.

SUMMARY KEYWORDS

generational trauma, sibling bond, fatherhood, infidelity, healing, men's mental health, forgiveness, culture, open communication, the dad project

SPEAKERS

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Jasleen 00:00

My dad used to come into my room to escape my dad and cry, and then open up to me as her best friend even at the age of 10 about his affairs and about things that were going on, about things he said, of course being drunk and angry. So that automatically made me, I think, the defender of my dad.

Naroop 00:15

So Jazz became the defender of your dad. Who did you become?

Govind 00:23

Almost it felt as if I had to grow up very quickly. We had to kind of parent the arguments that were happening. So if anything, we kind of became the parents at a very young age.

Naroop 00:30

Do you think it robbed you of your childhood in some way?

Govind 00:41

I'd say so. Yeah. I don't remember too much of it, mainly perhaps because I tried to shut it out.

Naroop 00:48

Imagine carrying the weight of expectations, silent struggles, and the pressure to always have it together. The Dad Project is a space for open, honest conversations about men's mental health. Raw, real, and long overdue. In Season 2, we go deeper, sharing powerful stories and fresh perspectives from those who've lived it and those who help others through it. Filmed at The Old Court in Windsor, this season is about breaking stigmas, redefining strength, and starting conversations that matter. I'm your host, Naroop Jhooti. Let's talk.

GV, Jazz, thank you so much for coming onto The Dad Project podcast. I was introduced to you by a friend. We had a Zoom call and I heard your story, and it's remarkable. Before we get into that, as a brother and sister, what was it like growing up with each other? And Gov, I'll start with you.

Govind 01:51

So for me, terrible actually. No, if I'm honest with you, Jas is probably going to be one of my best friends throughout the large majority of my life. She's been a confidant and a lot of things that we went through together, which I'm sure we're going to get to throughout the podcast.

First of all, thank you for having us as well because it's the first time that I'm doing anything like this myself in terms of presenting to anyone or anything like that. I'm sure Jas is well experienced in that field. But yeah, she's been my best friend for a large majority of my life, and even now I would consider her to be one of my best friends.

Naroop 02:33

And I saw that routine actually as we were setting up, how Jazzy was fixing his clothes, and it was actually really sweet because I don't always see that. I've got a brother and I have got cousin sisters who in Indian culture we treat as our sisters, right? But to see your relationship was really sweet and endearing. What was Gov like growing up?

Jasleen 02:55

Yeah, I mean, again, one of my best friends now, but when we were growing up, like any siblings, you fight, you argue. He's my older brother, so he was quite protective. I was

obviously the Indian sister that wanted to push the boundaries and break the rules a little bit. So yeah, look, it was great. We were best friends. Very close in age, so he's only a

year and a half older than me. And now it means we have similar friendship groups. We get on really well. He kind of hangs out with my husband without me there, which I don't like too much, but yeah, no, it was fun growing up together. But there were also moments where we were, and I'm sure we'll get into this, separated. So there's periods of time where I didn't see him for months and months on end as well.

Naroop 03:48

So your childhood, I guess, was a little bit different to other people's childhood because your parents had a difficult relationship, didn't they? And from what I understand, when some people were shielded from what happens with their parents, in your own words, their relationship was too transparent to you.

You guys saw too much. And this is what makes this conversation really interesting: as two adults now, how does a parents' dynamic affect the children? And obviously that's so vivid to you at the time that you can still remember it, but now as adults, it's probably had a lasting effect on you, which is why we're talking. What happened with your parents? And as the conversation flows, how did it affect each of you individually as a man and as a woman?

Jasleen 04:51

A lot to unpack, but I'll try and keep it short and sweet. So my parents, for that generation especially, were one of the blessed couples that had a love marriage. It wasn't arranged. It's very typical in our culture to have an arranged marriage. It wasn't arranged.

They got together when I was 19, Dad was 23. Initially they couldn't have kids for a very long time, so I think it was 10 or 11 years before they were blessed with the gift child of G. So they went traveling and they did a lot together as a couple. Maybe as a result of that, they had quite an explosive relationship: intense love, but also intense arguments, which I'm sure a lot of people listening to this probably have been through themselves.

Dad was then unfaithful multiple times and also went through a lot of financial difficulties that got wrapped into as well. And then they separated when I was 17, you were 19. But they had problems; when I say it was a very transparent relationship, I can remember

problems from the age of 8 or 10. Obviously Gov was a year and a half to two years older, so he would have been 10 or 12. But that was continuous up until we were about 17 or 18.

Naroop 06:25

When you say problems, what were they?

Jasleen 06:25

We became knowledgeable about the unfaithful relationships very early on, and the arguments. Dad had a problem with alcohol. Pretty much we're talking school nights, weddings where you come home and everyone's had a bit to drink. On school nights, a lot of it was being witness to very heated arguments that were in theory behind closed doors, i.e., not in front of us, but we could hear everything.

My bedroom was right next to my and dad's, so that's where I probably heard more of what was said and what was happening than G, who was a little bit further away from it. Is that fair to say?

Govind 07:08

Yeah, I would say I was shielded from a large majority of it for a portion of my life until sort of 16 or 17 where I could really understand what was going on, and unfortunately just sort of bear the brunt of a lot of what was going on at home. For me, it kind of looked like, when I was 16 or 17, a lot of drinking, which I think in our culture happens quite a lot, especially in the Asian culture where generation after generation we kind of see a lot of men resort to alcohol.

And therefore the dynamic of the family automatically changes to a slightly more toxic environment. So that's from what I have seen and witnessed. And at the time that the separation sort of occurred was when I was going to university. Again, it was as if I had kind of naturally fallen into the path of being shielded because I was away, and Jas, unfortunately, had to again bear the brunt.

Naroop 08:08

So let's start from when you were really young and you used to hear these arguments. Can you remember, if you close your eyes, can you remember being that young girl, that young boy, and just hearing your parents shout?

And how did that make you feel? Did in any way you think it was because of you?

Because I know a lot of times children feel like they are the cause of the arguments, or sometimes they can be used as tools against each other. How did that make you feel at that time?

Jasleen 08:47

There was definitely an element of feeling like I could solve some of this. I don't know if I felt at the time that I was to blame, I can only speak from my perspective, not Gov's, or that we were the cause of it. But I definitely felt, even at a young age, responsible for standing up for my , and in some instances even interfering and shouting back to my dad. Because my room was so close to theirs, it would literally be a case of me opening their door and shouting, arguing, and trying to stop that conversation from happening.

All these memories are now flooding back to me. My used to come into my room to escape my dad and cry, and then open up to me as her best friend even at the age of 10 about his affairs and about things that were going on, about things he said, of course being drunk and angry. So that automatically made me, I think, the defender of my , or well, I thought I was the defender of my . So from the get-go, I had a very rocky relationship with my father.

My dad actually had a heart attack when he was around 60, so he moved back in with my , me, and Gov. At that point, he started telling the truth about what really happened. He was very much in denial for all these years, and that kind of reset him, and he wanted a good relationship with everyone. So he started being honest about what had happened throughout our childhood. The last three or four years of his life, he's passed away now, were the best years we've had as a family. To be clear, he didn't move back with my for a romantic relationship.

It was purely that he was ill. We didn't want him to be out on the streets or not being looked after. And because of their love marriage, they were also best friends, so she took him back as a friend. Then they enjoyed barbecues in the garden, just them two, towards the later years. It's such a weird thing to think about and conceive, right? Because it's a very odd story in that sense.

Naroop 11:04

There's so much you've said that I could ask you questions on, but I want to try to go through it chronologically, otherwise I'll just jump back and forth. But yeah, we will touch on some of those points. So Jas became the defender of your . Who did you become?

Govind 11:27

I think for me it was interfering with the arguments that occurred. Almost it felt as if I had to grow up very quickly, and it kind of felt at certain stages throughout my life, even at a young age, where we had to kind of parent the arguments that were happening. I feel like a lot of the time, as Jas sort of alluded to in terms of interfering with the general verbal noise levels, we had to kind of break that up and adjust accordingly.

So if anything, we kind of became the parents at a very young age. I think a lot of that has imprinted onto me to try and push myself both in my career and relationships as we go forward. That put a lot of pressure on me as a young child.

Naroop 12:22

Do you think it robbed you of your childhood in some way?

Govind 12:22

I'd say so, yeah. I don't remember too much of it, mainly perhaps because I've tried to shut it out. But yeah, I think it definitely has impacted me from that level.

Naroop 12:39

And have you ever tried to address it? Have you ever gone to therapy? Because a lot of the time when there's stuff, like you said, you can't remember, it's because your mind actually blocks it out.

Govind 12:56

Sure. I myself have been open enough to try CBT, but I think that's more like a routine type of therapy where I probably need a bit more in-depth counseling, if I'm honest. So I'm still trying to work on myself. I don't think therapy is a bad thing, and again, in Asian culture, it's kind of looked down upon because of our parents and the generations before. But I just think the mind is also a muscle that needs to be exercised, right? If you don't do that enough, especially in today's society, I don't think you're going to strengthen it. So yeah, to your point, I am currently seeking it as well.

Naroop 13:27

Amazing. What's really interesting for me about that point is why your dad was doing these things. Even today, there are men who are facing challenges who will turn to drugs, alcohol, gambling, a form of distraction to escape the reality of their lives. Clearly your dad was drinking, he was having affairs from what it sounded like, and you told me they had an interesting marriage in terms of there was a lot of love, a lot of arguments. Your

seemed to be more balanced. Did you ever have a conversation with your dad and say, 'Dad, why are you doing these things?' Because there was a reason. Maybe you found that out later on in life, but did anyone try to chat to him? Did any other family members try to intervene and say, 'Look, you're doing stuff which is destroying a beautiful family. What is going on?'

Jasleen 14:36

Yeah. We've got a very open relationship with all our family members, and we've asked our cousins. We're the youngest siblings and cousins in our family; all of our cousins are a lot older. So we asked, 'How come your parents never stepped in?' To cut a long story short, they didn't. No one was really there for Dad to question, or challenge, or even just ask, 'Are you okay?' Because that type of behavior, I think we used to see it as normal across generations. A lot of dads drink, a lot of them do these types of things. But now we look back and say that behavior is not normal.

It was only until later in life, like you said, I sat down with my dad and asked, 'What was that about?' It transpired that his dad actually had kids with two sisters. My dad's fell pregnant and her sister came to look after her and the kids and help out, this was in Kenya, our family's from Kenya, and he ended up having kids with the sister as well at the same time.

I've done therapy myself as well, and it's only until that conversation came to light that I was like, 'Oh my god, this makes so much sense to your behavior, Dad. Have you ever really thought about how this has impacted you as a child witnessing this?' We could have a whole podcast on just that. It gave me a lot better understanding sitting with my dad and having those truthful conversations. It was really difficult for him to have those conversations, but it made so much sense to me as to why he was the way he was.

Naroop 16:25

So your granddad had kids with his wife's sister, and obviously your father had witnessed this and in some part of his mind thought, 'This is what men do, right?' We always talk about how generationally behavior and trauma can be passed down. As men, we look to our dads as role models; we look to and Dad. That must have been difficult for your dad to understand: 'What has my dad done? Why has he done this to ?' But growing up, it was just, 'Okay, maybe this is what men do.' When you found that out, how did that make you feel?

Govind 17:09

I think for me it almost didn't make sense because in today's society it just doesn't happen. We kind of grew up with a lot of the cousins from that side anyway. Whenever it was brought up, it was kind of hush-hush, as if it never existed. But there was always something in the back of my mind telling me that this is wrong and it shouldn't happen. But again, I don't think anyone was brave enough to challenge what had already happened. So it was kind of upsetting in a way, but also I knew it was wrong and something that I needed to stay clear from.

Naroop 18:04

Do you think that's affected you and your relationships that you have now?

Govind 18:04

I wouldn't say now, but before, even up until my late 20s. I always had sort of commitment issues that I needed to work on myself. A lot of that has been impacted from a very young age, acting like a sponge to all the information that was around me and sort of normalizing it to a certain degree. But as I said, looking back on it, it can't be normal. It's something that doesn't happen, especially in today's society.

Naroop 18:42

How did you break free from that pattern? Was it just recognizing, 'Okay, I've got issues with commitment, maybe it stemmed from what I saw as a young man, as a child'?

Govind 18:51

If I'm honest, again, it was a conversation that actually happened with my . She basically sat me down and said, 'Look, this is exactly how I was treated,' and didn't want to have me treat other women like that as well. I think that was the most impact that I had in terms of a conversation to change my ways and try and stay on the straight and narrow path.

Naroop 19:22

What's really heartbreaking about this story is knowing that your knew about what your dad was doing. Why I think this conversation is so important is because there may be people listening to this who are in similar situations who might be unfaithful, not knowing how it affects their partner. How did your process it? How was she able to stay in the house in that relationship knowing that her husband might be out with someone else, not knowing where he is or what he's doing? Did you have conversations like that with her?

Jasleen 20:07

Yeah. And again, these conversations were when I was quite young, 12-year-old Jas sitting having these chats with my . For a lot of women in general, I think it's, 'We've got kids, let's make it stable, let's not rock the boat too much.' At that time, women weren't quick to exit the door; nowadays it's seen as empowerment and all these types of things. Back then, you stayed at home, you stayed with your husband, looked after your kids, and did all those kinds of things. I don't think she has processed it truthfully.

Dad would always be, even later in life, her best friend again. She was heartbroken, she was in pieces, but she was very much the type of woman that just puts a brave face on and everything is how the world perceives outside-in, not 'I feel this inside and I'm going to project that outwardly.' So she just cracked on. And we're not talking about one unfaithful relationship; you're talking double figures.

Naroop 21:35

Wow. Do you think she made the right decision to put you guys first?

Jasleen 21:35

Now that I have a daughter, putting us first, in my perspective, would be to leave, not to stay. And that goes vice versa, whether the man's in the wrong or the woman's in the wrong. Because I think it's more unhealthy for children to be in that environment and learn that things might be okay when they're not.

Naroop 22:00

And Gov, I'll ask you: do you agree with that? Do you wish that maybe they had separated so your could have had a bit more peace and you guys weren't exposed to it? Because that probably still happens now where people stay together for the kids.

Govind 22:14

I actually agree with you that when trust is broken, unless you really put a lot of work into it, and there are plenty of cases where couples do manage to come back together, I always question the long-term impact on the children. Either from a male's perspective or a female's perspective, if you've allowed yourself to be cheated on and stay in the relationship, for me, once you cheat, it's kind of done.

I don't think you can rebuild that trust. I guess you can go to couples therapy and try and work on the relationship as a whole, but that's just the perspective I've had growing up all

of my life. So to Jas's point, I think it would have been healthier at the point of finding out for my to leave. It's difficult for me to say as an Asian boy because obviously the whole mentality growing up is to keep that foundation of a family. But at the same time, it's healthier, I believe, for one to move out.

Naroop 23:31

Why do you think Asian families do that? Is it because they're more worried about what people might think, or is it because they think the kids need it? Because there's many

cultures out there where if you cheat, you're done. Why are we so worried about what other people think?

Govind 23:55

I think it's a reputation thing, as well as perhaps a confidence thing in Asian men in terms of needing support to bring up a child. A lot of Asian men feel like they need support, whereas the woman probably feels stronger and has the sense of independence to be able to bring up a child herself. I don't think enough Asian men have support in terms of their families. They're often looked at as the person in the wrong through society. Again, it comes down to reputation for themselves, but also within Asian culture and extended families, they may actually see them as at fault when that might not even be the full reason.

Naroop 24:53

This podcast actually started to try to break the stigma that single fathers of color aren't able to raise a child by themselves. People look at Asian men or men of color and think they can't do it themselves. But there's countless examples of men who thrive raising a child by themselves because they want to be good dads. I hope that in this generation we can show people that if you're a single dad and you're Indian or Black or whatever, you can handle it; we're going to get it done one way or another. My dad said to me countless times, 'Rup, I couldn't do what you do,' and I know that because he never changed my nappy once. But I'd like to believe that we can break that stigma.

What I find really interesting is: when someone has so much to lose, why would they risk it for countless affairs? You've had conversations with your dad when he was older. Why did he risk it?

Jasleen 26:21

I can give you two answers: my perspective and his answer. Look, there's two sides to every story: a truth, one person's opinion, and another. He did feel a lot of the time that he wasn't getting what he needed in the relationship as well, which is why people typically are unfaithful. From his perspective, it was emotional support and attention. was a very good mother, so maybe the fun relationship they had at the beginning because they didn't have kids for 10 years dwindled down once they had children.

My perspective of why he kept doing it is that I think he liked the element of chase, of thrill. He liked living on the edge a little bit. That was a personality trait: he liked risk, he was a challenger. I see it in a positive light as a personality trait, not in the actions that he did. I think Gov has got that trait a little bit as well, liking to go onto the edge.

Govind 28:04

Yeah, I would say there are those elements of going to the extreme on every aspect. A lot of it from his perspective would be the risk element and enjoying himself. Maybe he got robbed of that at a young age as well because it was imprinted onto him. I can't justify any of his actions because I see men now in a different way. I always said to myself he was an amazing father, but in terms of respecting him as a man and as a husband, I lost that at quite an early age. In terms of fatherhood, he taught me a lot, and every son looks up to their dad as a hero.

He gave me the best advice in terms of career and relationships in the later stages of his life. To your point about risking what he lost, he entered a stage of depression in his late life because once he'd lost everything, it hit him that he needed to become more self-aware. I wish that had happened at an earlier stage because it would have changed a lot of the dynamics of the relationship with myself and him, and with Jas and him as well.

Narooop 29:42

If you could speak to a man who is feeling those emotions, feeling isolated, lonely, on the verge of thinking about an affair, what would you say to that man to stop him and give him advice on how to overcome those feelings?

Jasleen 30:38

Have a chat with your partner. Give them an opportunity to give you that without you going to seek it elsewhere. I've approached my relationships from the get-go with brutal

honesty, to the point where if I'm not happy, I'll say, 'Charlie, I'm not happy. Can we do something?' I have to be that vocal because I'm so frightened that if I bottle it all in, that could happen.

My husband is a very lad's lad, keeps it all in, emotional depth of a fork, but I've really had to encourage him not to see a conversation as an overly emotional thing. It's matter of fact: what you feel is a fact. You don't always have to come with crying and emotion; just have chats where it's, 'This is how I feel.' Please just have the conversation. It can only go one of two ways: bad or good. If it goes good, you could save a marriage, be healthy, and show your kids that it's okay to come to the table and say, 'I'm not happy with this, can we have a cordial conversation about it?'

Govind 32:15

I would say definitely have a conversation. Communication is number one in any relationship, above all else, even more than love. If you've got transparency between two people, that is everything. Aside from that, I would also say: what are you actually risking? Is that 15 minutes of fun worth jeopardizing everything that you've worked for, your kids, or the sanctity of marriage? For my old man, it was too little, too late when he realized that what he had lost was so much more than everything he perceived as gain. Shift that chasing energy into something that will promote your life as opposed to destroy it.

Naroop 33:38

A couple of points you made are really interesting. First, communication. Why do people find it so hard to have an open conversation with a partner and say, 'This is how I feel, this is what I need and what I'm not getting'? In fatherhood, a man needs to understand that when you just have a child, your needs have to be put to the side for a bit.

Fatherhood is about sacrifice, doing what's best for the family while your partner heals and raises that child. And regarding the chase, chase something else in life: building a business, training for a marathon, volunteering. Chase a passion, not another person. When you want to heal and build self-esteem, slay a dragon. Chase the thing that's hardest for you.

Eventually, Jas, you and your moved out of the house. How old were you when that happened?

Jasleen 36:37

I was 16 or 17.

Naroop 36:37

What did that feel like? Four became two separate households. How did that affect your relationships?

Jasleen 36:57

I encouraged to leave because I knew so much had gone on from an early age. But the day it happened was the worst day of my life. Seeing my dad in that state, crying, begging, pleading, not a man I'd ever seen before. Prior to that, he was strong, put-together, never shed a tear, always jovial. To see him in that state, even I questioned, 'Oh my god, is this the right decision? What are we doing?' When I was 16 or 17, I hated

my dad because I knew too much. It was tough on my as well. Me and moved out, and Gov was at uni. I became estranged from my dad for so many years.

Naroop 38:32

And Govind, you lived with your dad when you returned from uni. To see your dad in that form, how did that affect you?

Govind 38:32

Always looking up to him as any son would to a dad, it changed me. It made me have a different relationship with him because I was trying to toughen him up. In hindsight, I didn't want to be disrespectful, but in a way I kind of was because I was trying to bring that jovial bravado back out of him, and he didn't have it anymore.

I was aggressive with him, trying to oomph him up and give him that spine, but I was probably making things worse because he was already in a depressed state and had lost so much. Looking back, I would have changed the tone I had with him. I had just come back from uni, got mixed up in weed and drugs, and I viewed him as less of a man and felt like I needed to be that strength for him. But I did it in the wrong way.

Naroop 41:28

Who was a strength for you in life then?

Govind 41:52

A few of my cousins who had successful relationships and were more athletic, and good friends around me. Later on in life, Jas's partner, who I got quite close to, was sort of a role model to me in terms of how to conduct yourself as a man.

Naroop 42:48

Having had these experiences, what does it mean to you to be a man?

Govind 42:55

To be able to take care of and provide for your family. To be stable, content, and not necessarily chase bravado. You within yourself have to be comfortable with who you are and be a positive role model for your kids. I don't measure success in money or finance; the wealth we have is shared in our health and the people around us. I need to keep improving, striving for more, being self-aware, and being grateful.

Naroop 44:36

You've used the word 'chase' quite a lot. How do you go from chasing to being content?

Govind 45:07

Gratitude. You have to be grateful for what you have, thank God, and be content. When I mention chase, I mean shifting that energy into bettering your life so that you're able to help and provide for others.

Naroop 45:54

Jas, what does it mean to be a good man from a female perspective?

Jasleen 46:12

A good man is self-aware, avoids denial, and is an empath. If more men looked at disagreements asking, 'Where are they coming from?', it would be easier to have those conversations and come to mutual understanding.

Naroop 47:32

What should a man understand when their partner says, 'Be more emotionally open'?

Jasleen 48:15

Emotionally open does not just mean telling me you're sad. It means telling me in short, factual sentences what you are feeling and how I can help. Early on, I asked my husband why he never tells me how he feels or if he's sad, and he said, 'Jas, that's because I'm

happy. Back off!' I didn't realize someone could just be content and happy. But I needed to hear it. Knowing you're okay or not okay creates a strong connection. If you're not okay, let's just have a factual, non-emotionally charged conversation about it.

Narooop 50:01

Approaching men with specific questions like 'What do you mean when you say that?' or 'How do you expect me to feel?' really helps them open up rather than attacking each other. Gov, do you agree that men should be more emotionally open?

Govind 51:48

I think so. As men, we're leaders and providers, often immediately thinking about the solution. But from a woman's perspective, sometimes it's just about listening, understanding, and empathizing, not providing a solution right then and there.

Narooop 53:05

Have you two had a conversation between each other about how you view your childhood and how it shaped who you are today?

Jasleen 54:10

We were forced to have that conversation twice: once before this podcast, and once when I got really ill with lupus, diabetes, and a blood clotting condition after my dad passed away. Part of my therapy homework was having that conversation with those nearest to me. That was the first time in our 30s that we had ever had that conversation.

Govind 55:10

For me, it was seeing her perspective. I felt sympathy because I didn't realize how much she had gone through and heard. She was privy to everything, and I felt like I should have been there to support her more. I felt like I lost that sense of protection as an older brother. But having open conversations has brought us a lot closer.

Jasleen 57:00

I actually think Gov knocks himself down a peg or two. Dad passed away four months before my wedding, and he told me, 'I never thought I'd attend your wedding as your father.' That broke me. But Gov has stepped into that father role for me a lot of times throughout my life, walking me down the aisle and giving the speech at my wedding, and he doesn't recognize how much he's done that.

Govind 57:59

It impacted me a lot back then. I guess I do knock it down, but I'm grateful to have stepped in.

Naroop 58:36

You welcomed your dad back into the house when he was ill. Did you forgive him?

Govind 59:14

Not immediately, no. It took a while to rebuild trust. I don't think I forgave him until quite close to when he passed away.

Jasleen 59:48

I used to meet my dad for a beer in the pub a lot. He was honest, admitted things that hurt, and owned his mistakes without asking for excuses. So I forgave him.

Govind 01:00:39

I did things with him too, but it was more of a friendly drink rather than in-depth emotional conversations. At that point, because of his depression, I was aggressive about what he needed to do, which weighed on our relationship. I lost respect for him as a husband, even though he was a great father.

Naroop 01:01:37

Fathers have to keep working on themselves as their children grow up into a different world. For fathers whose relationships with their children have broken down, what advice would you give on how to rebuild and reconnect?

Govind 01:04:31

Don't just look for an instant solution or try to live through your children. Listen to them, understand their world, and guide them using your experiences without dictating the relationship.

Jasleen 01:05:59

Understand that the world your kids live in is different. Swallow your pride and be the friend they need so they feel safe opening up without fear of judgment. My dad told me when I was 10: 'If you ever tell me the truth, no matter how bad it is, I will never get angry.' That open honesty created a bond where he became my best friend.

Narooop 01:08:36

I say the same to my daughter: just be open with me and you won't be judged. Is there anything else you've learned that you'd like to share?

Jasleen 01:09:31

When you've been hurt in a relationship, it's easy to be consumed by pain. But you must put the child first. Pause and reflect on whether your actions or words about your partner are impacting your child in a negative way.

Govind 01:12:08

There's nothing worse than regret. You don't need a parent to move back in to rebuild a relationship. Have the courage to open that door and fix that relationship before it's too late. Work on yourself and on the relationship with your parents.

Narooop 01:13:15

Thank you both for being so brave and sharing your story. You have a calm, peaceful energy, and your journey shows that with honesty, forgiveness, and time, families can heal. Thank you for coming on The Dad Project.

Jasleen 01:14:13

Thanks so much.

Govind 01:14:13

Thank you for having us. Cheers.