

## A Moment That Changed Everything: Wayne's Story



Wayne, Iron Clad Dad participant

During one of our Iron Clad Dad meetings, something profound happened for participant Wayne. As the group opened up about fatherhood, vulnerability, and the courage it takes to repair what's been broken, Wayne felt moved to reach out to his oldest son—a son he hadn't spoken to in quite some time.

Just a few hours after the meeting, Wayne sent a message sharing the heartfelt letter he had written. It was honest, raw, and full of the love he had struggled to express. That letter became the first step toward healing a relationship that had been silent for far too long.

Below is the message Wayne wrote, the one that opened the door to healing:

*Dylan, I love you so much. I'm scared about life and my health changes and I'm so disappointed in how I'm feeling so disconnected from you. I don't know how to bridge that gap, or why it's even there. I know we're different people but we're the same blood. I don't care if we disagree on stuff, that's normal. But I long to feel closer to you and don't know how to do that. I long to share the most precious of stuff with you and that's time. I'm proud to see you working, and 2 jobs, wow. I can only hope to understand what makes you feel the way you do towards me, and have the opportunity to grow closer together. We were so close and did so much together when you were growing up. I am a flawed man in many ways, but my love for my children, although both grown, is not flawed at all. I just wanted you to know I love you regardless of our differences, or what you do in life. Have a good night.*

Wayne's story is a powerful reminder that healing often begins with a single act of courage—and that sometimes, the most meaningful breakthroughs happen when fathers find the strength to speak from the heart.

Since sending the letter, he has begun reconnecting with his son—spending meaningful time together, tackling home projects side by side, and even celebrating the joyful news that he will soon become a grandfather.