

THE GLENN BECK PROGRAM

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TRANSCRIPTS

There are all kinds of father and son relationships. And while most of the time, you know, we seem to concentrate on the huge role that a mother plays in the child's development, if you think the kind of dad you are doesn't make a difference, I'm telling you, my friend, think again.

Stephen Poulter, a psychologist and author of "**The Father Factor**," Stephen, you say that the kind of dad we have predicts how successful we're going to be in our careers. Is that right?

STEPHEN POULTER, AUTHOR, "THE FATHER FACTOR": Glenn, that is true. There's the mother factor, but today we're just going to focus on the father factor.

BECK: OK.

POULTER: And the father factor is about the template that we receive from our dads about, you know, how we were raised, the emotional connection, and how it plays out in our adult life.

BECK: So help me out. There are five different kinds of dads. What are the five different kinds?

POULTER: Typically, there's five basic styles of fathering. There's the super-achiever, the time-bomb, the passive, absent and compassionate mentor, which

about 10 percent of us come from. The other 90 percent of us come from the other group.

BECK: So I have -- my dad is kind of a mixture between -- you know, I looked at what kind of dad am I, and I think I`m a mixture of some of those, as well. I`m an overachiever. I`m a, I think, compassionate encourager or what -- mentor. And I`m also, because I work all the time, I`m also a little bit absent.

POULTER: You know, Glenn, you and I, all of us fathers and mothers out there, we`re a piece of all of this. You know, we`re all sons and daughters, but primarily we had one primary parenting style. For instance, it might be the absent father or the passive dad. Kind of like the old joke, is dad asleep on the couch or is he awake?

BECK: So what do you want to be? What`s the best? What`s the one that`s going to do the least damage to your kids?

POULTER: Yes, damage control, as you and I want to move toward, like, a compassionate mentor. Because what we do is we find out what our kids want to do. We help them get there, and we help them read their own road map, not the road map we have for them, but their map. And we lead, and we guide them, much like you`re doing for your children. You`re out working, but they you`re committed to them.

BECK: Yes, you know, my wife and I were just talking about a friend who is, you know, mentoring his son and a little concerned about, you know, the direction that they`re going in and the things that they want to do. And, you know, we were talking about it, and I said, "You know, if my son or daughter wanted to do whatever, I mean, as long as it`s not drug dealer, I`m there for them, man. I want to do everything I can to help them with that and be who they want to be."

POULTER: Absolutely, Glenn. That is a compassionate mentor. You know, if your son wants to be in the band, you take him to band practice, you buy him instruments, you get him practice. Or if he wants to play football or your daughter wants to be a cook, you and I get behind what our children want to do, and that`s the legacy that we create that they can do what they want to do.

BECK: So let me ask you this, because I spend -- and I talked to so many guys who are just like me -- I`m bluffing, man. I don`t know what I`m doing as a dad. I`m really convinced that most of our time is spent just not screwing our kids up. Give me a tip out of the book. How do I be a good dad?

POULTER: You know something, Glenn? At the end of the day, the thing that your kids are going to remember: Were you interested, involved, and did you know them? If you`re doing those three things, Glenn, you`re doing a great job.

That doesn't mean you're perfect, that doesn't mean you don't blow up or we miss birthdays or crazy things happen, but are we committed to them? Do they know it? And are we interested in our kids?

BECK: Right. And the biggest mistake we can make with our kids?

POULTER: Not staying close to them, irregardless of age.

BECK: Do you know -- I mean, because, for instance, I'm, you know, struggling myself and I think most parents are trying to be home, trying to be involved, trying to -- you know, I'm a dad on the go, doing things all the time.

How do you balance your business life with -- how do you do it? Are we any different than we were than we were all farmers? I think about this all the time. When you were farmers, man, you know, you wouldn't come in until the sun was down and you were up before the sun was up. Are we different?

POULTER: Not really, Glenn. You know, we're working hard. You know, men are still defined by what they do outside the home, as women are now, too. But when we go to the home, when you go back to the living room, so to speak, is that we're connected to our children emotionally, and that doesn't always require that we're there seven days a week, but we have a connection to our children and they know that and we know that.

BECK: Stephen, I know a lot of people are talking about your book, "The Father Factor," and we appreciate your time, sir.

POULTER: Thank you. My pleasure, Glenn.

BECK: Thank you.

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