

Dossier

Special 18-page section

PHOTOGRAPHY *Kevin Davies*

Fathers, sons & lovers

How to manage the men in your life

Your father may have influenced you more than you know. Until you understand how much his approval meant to you, you may not figure out why you always date the same kind of unavailable man. Your son may at times seem like a stranger to you, but you need to know what he's thinking. What does your partner worry about? Do you even know what keeps him awake, or sends him off to his study for long evenings alone? Here is the *Psychologies* insider's guide to the men in your life: what they care about, what makes them tick and what they need from you.

Contents

- 94 Daddy's girls**
A father's role is often undervalued. But his influence is a key part of who you are
- 98 Blues for the boys**
Who needs men? And other things men worry about
- 104 Sons be praised**
What mothers need to know about raising sons and how to overcome our inbuilt female bias
- 108 Who's your daddy?**
How does your relationship with your father shape who you are and how you deal with other people? Take our test and find out

Brother

Susie Ambrose, 44, clinical director of susieambroseclinic.com, and Sasha, 36, writer

Susie on Sasha:

I was eight when Sasha was born and I was protective of him but also jealous as he took over the title of Cutest Child In The Family. All of a sudden, focus was shifted on to this beautiful and inquisitive toddler. And yet, as we grew, we became good friends. Sasha liked to hang out with my friends even though he was significantly younger. I influenced him a lot. When I was 18 and involved in a heavy world of philosophy, Sasha, only 10, started reading Nietzsche, Hegel and Dostoevsky.

As a teenager, I was very rebellious and Sasha was always taking my side to defend me in front of our parents. I also started travelling around the world at a young age to do rock climbing and skiing and I remember when I was preparing for a trip, Sasha gave me his savings.

Given that we grew up in the former Yugoslavia, in a society where men are very hard and unemotional, living with Sasha has changed my perspective. He has shown me that men can be gentle, artistic and emotional and not afraid to show affection.

Sasha on Susie:

If I am summing up Susie, the word would be hard-working. Her nickname

is 'open 24/7' and I am sure even during her own funeral she will be typing on her laptop, sending texts and delegating. She's also incredibly devoted, kind and determined.

In comparison, I'm quiet, unconventional and a little lost. When I was little, I remember not having any choice about what to read and what music to listen to; it had to be her recommendation. She was a hippy at one stage and I thought she was the coolest person on the planet. She talked about philosophy and I remember my dad not understanding what she was on about. So I thought, 'I'll go and read this stuff and have my own language so Dad will be puzzled by me, too'.

When Susie climbed Mont Blanc, she trained so hard. She was surrounded by tough men and she made it. I thought my heart was about to explode. But her heart is what touches me the most - helping underprivileged children, helping endangered animals and being there for all of us.

Susie, my big sister, is the reason I keep my faith in people - with her around, I believe that the world could be a safe place.

