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DO I HAVE Daddy Issues?



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Hey, Sis!

Let's start learning more about what your Daddy Issues may look like; consider these questions below. These are just a few items, but will give you an idea.

Daddy Issues

SCREENING TOOL



You have a history of toxic relationships. However, you always had a desire to be in a healthy, intimate partnership. Your experience with an absent father "attracted" narcissistic men to you.



You put walls up because you don't want people to see your flaws. You accept these flaws as truth and hide from anyone who tells you something positive about yourself.



You find your identity in others. You are exhausted from morphing into what your partner wanted at the expense of your own needs. Codependent relationships is your jam.



You've thought of giving up...several times. It's hard to think of one positive thing you are part of.



You tell yourself how terrible you are. You can't see past your mistakes and replay all the conversations where people put you down. This keeps you stuck.

If you answer "Yes" to any of these to even the smallest degree, you probably have Daddy Issues; and that's ok! I'm excited to walk you through it!

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DO I HAVE Daddy Issues? NEXT STEPS

1. Take a deep, cleansing breath
2. Schedule a consultation via the form on the bottom of the homepage at couchwithchristian.com
3. Purchase your copies of the books on my "Shop" page



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