

Are my **Daddy Issues** Jacking up my **Relationship?** **Self Inventory**



Hey there!

I'm Christian Jackson, the Daddy Issues Expert. I help women learn how to have better relationships without spending a bunch of time and money in therapy!

For years, my clients have been telling me things like...

- 🌀 "I built him! I gave him everything and he went and made our life with someone else!"
- 🌀 "I feel like I have to prove myself to be loved"
- 🌀 "If it's not perfect, I don't want any parts of it"
- 🌀 "I'm tired of not feeling accepted"
- 🌀 "I keep dating the same type of person, so I must be a magnet for jerks"

And a lot of other things! So in a nutshell, I help you:

 Unpack the baggage—yes, that may include looking at your own Daddy Issues

🌀 Stop the shame spiral

❤️ Prepare for the relationships you want

You got this far because you know something feels off. And the way you've been doing life so far (AKA in denial about all of the things from your childhood that impacted dating, friendships, with the kiddos, and all that) hasn't brought you the peace and ease in a relationship that you want. That's where this inventory comes in...

How to use

Sometimes, we need a little nudge from the denial we've been living in.

I am hoping to help you take your first step toward the relationships you want. This screener will help you have an idea of what you may not be able to name.

It will be your chance to figure out why you may be

- Sabotaging a good thing
- Lashing out at the people in your life
- Isolating from friends and family
- Taking on too many responsibilities instead of tending to your needs
- A whole lot more!

Just answer the questions presented to you as you think about the relationships you have around you. It's not just about your romantic relationships.

Keep an open mind. That will help you get out of your own way and tend to your needs so you no longer require someone else's energy to complete you.

Using the scale below, rate the following based on how much you agree with the statements. Write the number next to the statement.

5= YEA, GIRL. ALL THE TIME

4= YUP, MOSTLY!

3= UM, SOMETIMES.

2= NOT REALLY.

1=NAH, SIS. I DON'T EVEN THINK OF IT.

We will revisit what the score means at the end.

Do my Daddy Issues affect my beliefs in God?

(Consider your spiritual life and the God of your understanding; has your perception of God shifted because of your relationship experiences? Did you ever have a belief in God? Dive in)

1. You start to wonder if there is a God after what you have been through in relationships. _____
2. You wonder if you are “supposed to be single” because you consider it punishment. _____
3. It’s hard for you to trust God because your view of a Heavenly Father is clouded by how you experience your Earthly Father. _____
4. You find it hard to follow the guidance of your pastor, spiritual advisor/leader after a breakup/during a disagreement. _____
5. You notice a distance from your God/ your spiritual practices when in a relationship. _____
6. You notice you seek closeness in the spiritual community, but also have conflicting feelings because something (anything) feels off. _____
7. It’s hard for you to consider that being you is enough to be shown unconditional love. _____

Romantic relationships

(including dating up to long-term partnerships, like marriage or living together)

1. Your partner sends you a one-word text message and/or doesn’t text for hours. So, you feel like something (anything) is wrong. _____
2. When your partner wants to spend time with friends or family instead of you, you wonder why you’re not invited. _____
3. You blame yourself when your partner tells you they don’t like something you did. _____
4. You are ready to consider changing something about yourself based on who you date. _____
5. You’ve found yourself giving more than you receive from your partner. _____
6. My partner would describe me as pretty chill. _____
7. It’s hard for me to let go of my previous relationships after a breakup. _____

Do they affect my friendships in a bad way for the both of us?

1. Sometimes I flake on plans I have with my friends. _____
2. When I need guidance, I have at least 2-3 close friends I can talk to...and I do. _____
3. I don't mind when my friends have other friends. _____
4. I think it's hard to make an effort to open up to new people. _____
5. People who know me describe me as "friendly". _____
6. I usually get along with new people. _____
7. You compare yourself to people in your friend circle. _____

Parenthood/Cool Auntie/Godmom/Mentor

1. I find it fun to be around kids. _____
2. Children who know me would describe me as fun. _____
3. I can bond pretty easily with kids. _____
4. I am able to protect kids who are with me. _____
5. People can trust me to support/take care of children. _____
6. I feel uncomfortable when I'm around kids. _____
7. Being around kids makes me think of what I didn't get/what I needed as a kid myself. _____

Employee/Business Owner-Do Daddy Issues affect me and the people I work with?

1. You wonder what your partner is doing when you're not together instead of being in the moment and handling your business. _____
2. You find it hard to trust yourself when you are making deals/working projects. _____
3. The decisions you make are based on your vision and you are ok with that. _____
4. My business/community partners/coworkers are usually people I can be friends with. _____
5. My coworkers describe me as confident. _____
6. I believe my work is a reflection of me, with each project I do. _____
7. I feel like a failure when I don't complete a project at work. _____

Score Yourself

The highest possible score in each is a 35.

0-10=Daddy Issues are **mild**

11-20=Daddy Issues are **moderate**

20+=Daddy Issues are **definitely there**

What Next?

1. Take a deep breath and celebrate! Now you know where you stand. You probably already knew a lot of this, let me help you make sense of it.
2. Learn the blueprint to healing from relationship trauma! Enroll in my course and take it to the next level!

<https://couchwithchristian.thinkific.com>

Daddy Issues Symptoms, according to Christian Jackson

A. The physical and/or emotional absence to overbearing physical and/or emotional presence of a father that results in at least one of the following:

1. Feelings and/or thoughts of abandonment
2. Feelings and/or thoughts of worthlessness
3. Confusion and/or difficulty making decisions

B. The presence of a father where the relationship was unhealthy. This may result in one or more of the following:

1. Extreme stress
2. Inability to trust one's own judgment
3. Feelings and/or thoughts of inadequacy

C. The person has experienced consistent trouble manifesting healthy relationships. This applies to familial, professional, intimate, and parenting relationships (must appear in at least one of these categories).

D. The mourning process (outward expression of grief) related to the loss (death, estrangements) of father or father figure causes any of the symptoms of CJ's Daddy Issues, to include, but not limited to...

1. Questioning one's mortality, life decisions, and identity when thinking of their father or father figure's death
2. Significant guilt, blame related to death of father or father figure
3. Unresolved feelings due to death of father or father figure
4. Blame of one's father for absence for difficulty in certain relationships and/or lack of adequate personal skills
5. Questioning of spiritual and/or religious ideals due to death or absence of father or father figure

E. Abuse of any kind inflicted by her father or father figure that causes the aforementioned DI symptoms by CJ and the following, to include, but not limited to...

1. Severe ruminating thoughts; likely negative self-talk
2. Noticeable physical reaction to triggers related to father or father figure
3. Re-experiencing all reactions (IE flashbacks) related to abuse by father or father figure
4. Noticeable alteration in mood when DI symptoms are triggered.

F. The doubt, shame, abandonment, anxiety, and/or depression is persistent to some degree, lasting at least 6 weeks in children and adolescents and at least 3 months for adults.

G. The disturbance causes clinically significant distress in multiple areas of one's life, evident in one's behavior.



Want more? Let's Journal!

Here are a few prompts to get your wheels moving. I want you to start becoming more familiar with the little person inside you. They need attention. Take a break if you need to! Don't let it sit too long before you tackle it. When you come back, refreshed, then dive in.

Think of the relationship you are having trouble with and answer the following questions.

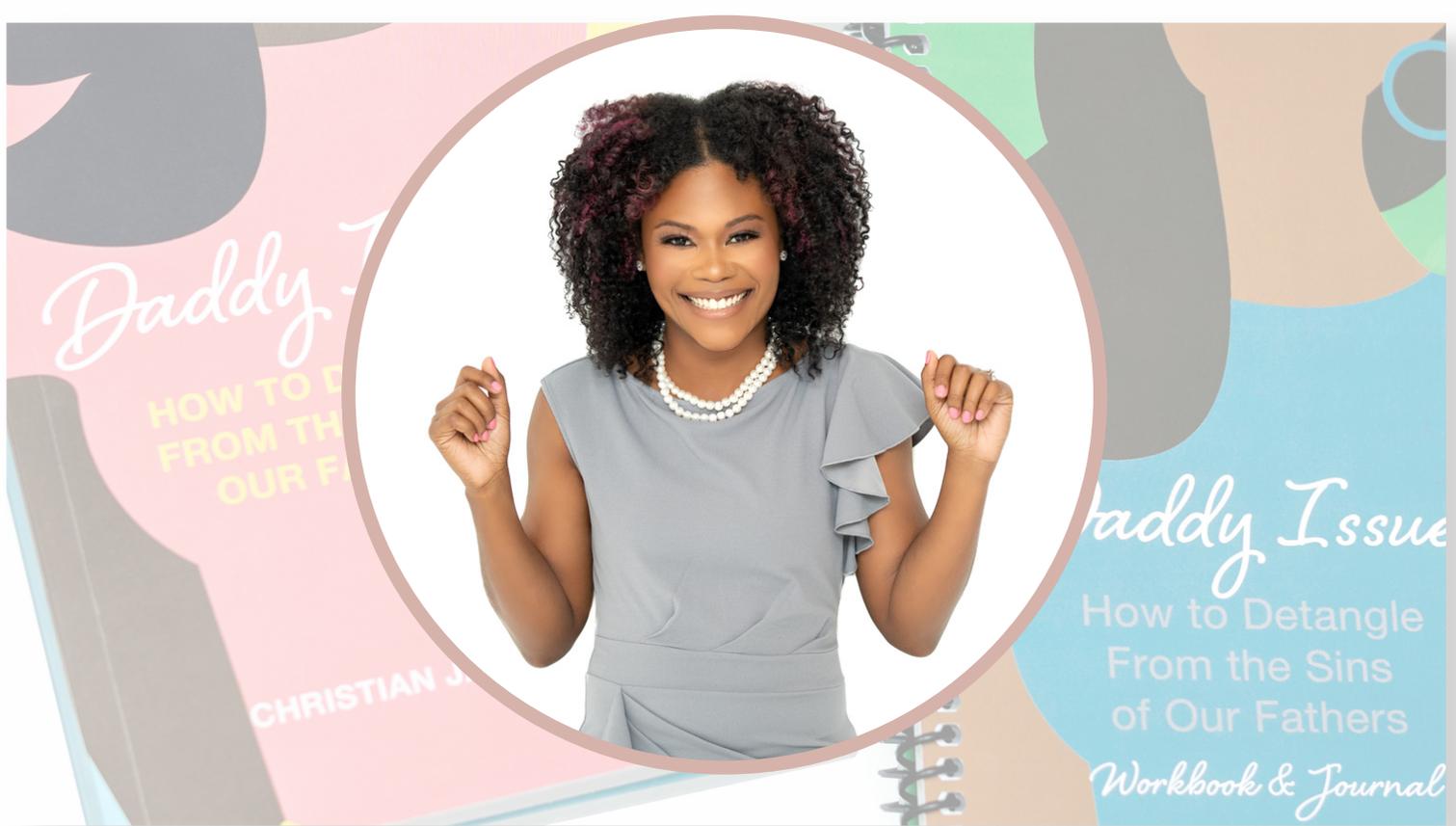
Who am I in this relationship? (Such as Confident? Confused?
I bend too easily?)

What do I think of who I have become in this relationship?

How do I think/act after being in this relationship?

What can I do to make sure I'm taking care of my mental, emotional, spiritual, and physical needs?

I am going to commit to doing this 1 thing differently in future relationships:



More about Christian Jackson...

The Mission- Couch with Christian is a space for women who have convinced themselves they have reached a ceiling in their relationships with God, themselves, and people around them. She's probably dealt with a host of insecurities directly related to her identity and needs support to work through the stigma and shame that comes with Daddy Issues. She lets others tell her who she is instead of holding on to the goodness she's born with. Christian's mission is to educate and support the woman who never really truly knew who she was.

The Vision- Couch with Christian will offer quality mental health and wellness support for women who are ready to quiet the voices that tell her she can't reach heights she's dreamed of.

The How- Christian is committed to offering effective services that are rooted in research in order to decrease the discomfort of recovering from emotional trauma in relationships. She does this through one on one sessions, support groups, conferences, and through her products (books, courses, etc.) to connect directly with the community. She also meets with professionals in the helping field to make sure she is doing her part to include the important message of overcoming Daddy Issues as a root of connecting in healthy ways with others.

Why- I do this because I used to be the woman who didn't believe she could have the fulfillment I fought for for so long. My current life happens to include a loving husband, kids, dope friends, and a career that gives back. After digging in and changing my mindset, I am convinced that without these blessings, I would be more than ok since I fully know who I am.

The fact that I thought I had to work for the love I have now can still show up. Ever since I learned **GRACE** it opened up so much for me and released the pressure. I need to be reminded sometimes. My services will do that for the women I support. It will make my training more accessible and available to change generations. My kids need it. Any recourse (IE partnership, visible platforms, etc. helps me offer the services I wish I knew about and had when I needed it most. Any project I do partnership with brings awareness to the movement. It also reinforces the confidence to break ceilings I never thought possible.

STAY Connected



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