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DO I HAVE
Daddy Issues?



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CHRISTIAN

Hey, There!

I'm Christian Jackson, a licensed therapist who helps women in recovery from relationship trauma by addressing Daddy Issues.

This can be a taboo subject, but it's time to stop hiding under the shame of emotional trauma, AKA Daddy Issues. It's not always obvious what these "issues" are because of how our society uses this term to degrade women. My goal is to give proper language to what this really is so we can really heal. It starts with what you know.

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

Daddy Issues

COUCH WITH CHRISTIAN SCREENING TOOL

- ✓ You always had a desire to be in a healthy, intimate partnership, but you find yourself in a cycle of unhealthy relationships.
- ✓ Your experience of an absent father "attracted" narcissistic partners.
- ✓ You find your identity in others. You are exhausted from morphing into what your partner wanted at the expense of your own needs.
#Codependent.

Keep Reading...

Daddy Issues

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SCREENING TOOL

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

*Let's
Score*

DO I HAVE

Daddy Issues?

NEXT STEPS

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

1. Take a deep, cleansing breath
2. Get educated! Check out the resources on my website, including my books and online courses.
3. Follow @couchwithchristian on IG for free mental health tips, updates on my other offers, and engage with me!



*In it
Together!*