

5

Dating tips every
fatherless daughter
should know



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Has your fatherlessness affected your love life?
Have you spent hours trying to fix the situation?
You are not alone! After polling several fatherless women I've compiled the top 5 tips that we all should know!



5

KNOW YOUR NARRATIVE

What do you desire? Is it a relationship eventually leading to more or are you just interested in dating and having a good time? Are you seeking a companion or is this just an exchange with no strings attached! Be very clear in your motive and your intention.

Your frame of mind needs to be in alignment with your narrative.

For example, if your desire is to meet your King, then your mindset should tell you that you are a Queen and you would carry yourself accordingly.

Familiarize yourself with your narrative, what are your goals?



**WHAT IS YOUR
NARRATIVE?**

I _____ desire:

These are my goals:

4

BE HONEST AND REALISTIC

Honesty is key, be honest with yourself and with the person you are dating. If you desire to have a meaningful relationship but you know your past is a little rocky...

You owe it to yourself to review those moments and really do a self-evaluation.

Ask yourself 4 questions:

1. What areas were I good in?
2. What areas were I not so good in?
3. What do I need to improve on?
4. What have I learned from this?

For example, I struggled hard with trust, so I had to be realistic with myself in knowing that I cannot expect to have a King be a pawn because I don't trust him to be a king! That's not realistic!



4

BE HONEST AND REALISTIC

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2. What areas were I not so good in?

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3

INSPECT YOUR IDENTITY

It is important to have your identity intact. What this means is knowing how your demeanor relates to your environment. For example, I wouldn't portray my independent super woman stature on a date, even if that is my everyday persona.

Again this goes back to your narrative, what outcome do you desire.

You do not have to be fake or pretend to be weak, just loosen up and relax and allow the guy to take the lead.

This is an area I myself have to be conscious of because I am used to taking care of myself!



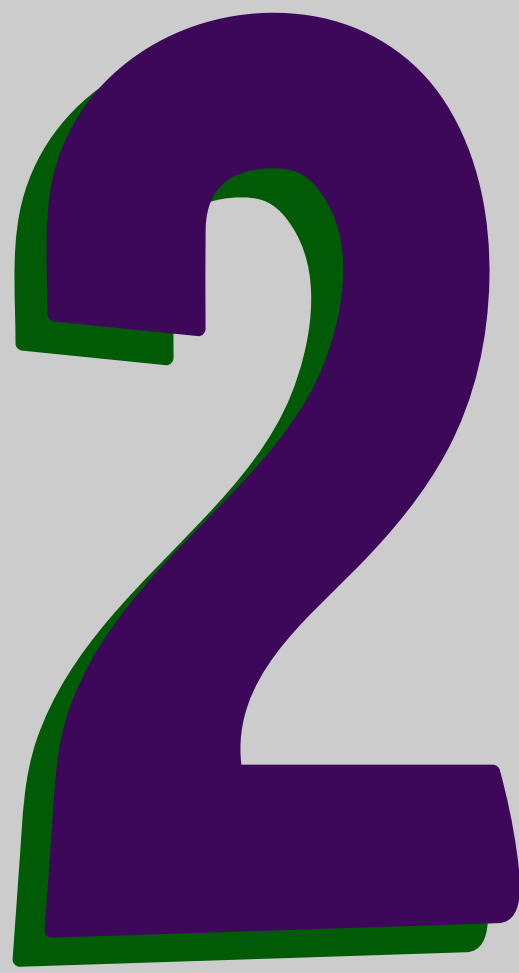
INSPECT YOUR IDENTITY

What is your identity?

My environment causes me to be:

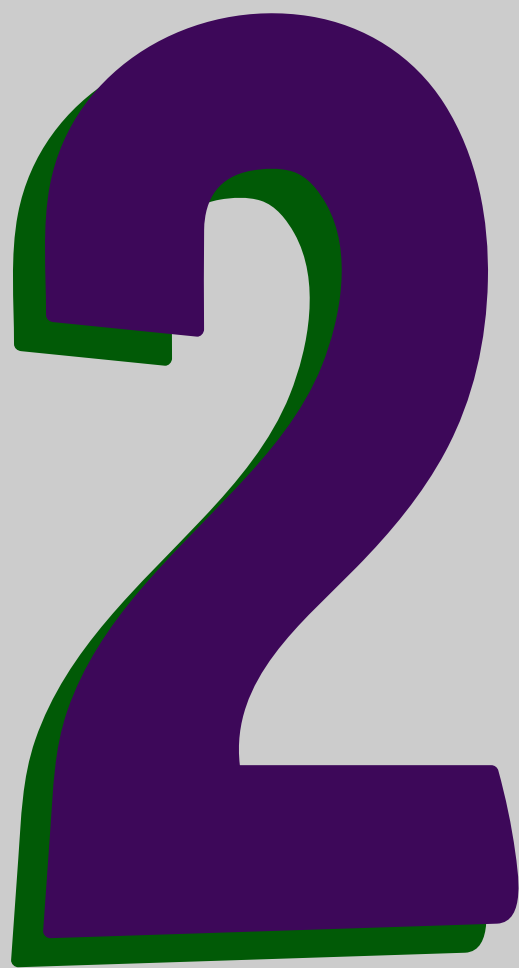
When dating I tend to: (be specific)

What do you desire to be different?



C H E C K Y O U R E M O T I O N S

Women are naturally emotional creatures. We were created this way, but that does not give us the green light to allow our emotions to dictate our lives. We still need to keep our emotions at bay. For example, growing up fatherless can make normal interactions with men emotional. Certain situations can stir up old memories or hurt from our past. Even the language of men can seem foreign and confusing. Creating and maintaining open lines of communication are vital. Be honest and forthcoming with your feelings.



CHECK YOUR EMOTIONS

What past hurts tend to pop up?

What are your triggers?

How do you handle your emotions?

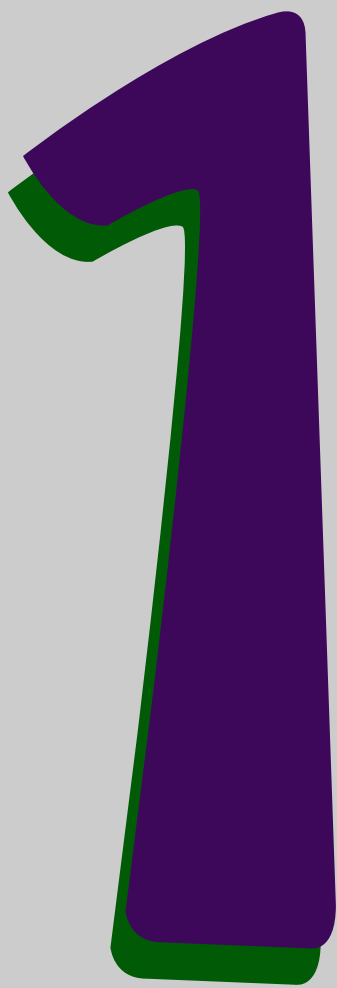
Any communication barriers?

1

KNOW YOUR LANGUAGE OF AFFECTION

Affection is a two way street and should be earned respectively by both parties.

Affection is encompassed by the Five languages of love: touch, quality time, words of affirmation, acts of service, and giving of gifts. It is important to be in tune with your ideal language, what moves you personally? What language do you use to communicate with? Words of affirmation and touch can be sensitive areas for fatherless women, being in tune with your emotions and openly communicating is important. It is okay to be more receptive to other forms of affection than others, there is healing in sharing.



KNOW YOUR LANGUAGE OF AFFECTION

My language of love is:

I respond best to:

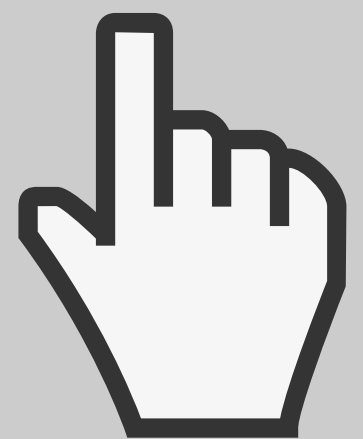
My emotion is triggered by:

ABOUT *Melissa*



EMPOWERMENT COACH

As an Air Force veteran and registered nurse, Melissa spent her adult years serving and helping others. Growing up fatherless to a prison inmate, Melissa is determined to use life's lessons to bring awareness to the devastating affects of "daddy-issues" with dating.



WANT MORE

Tips?

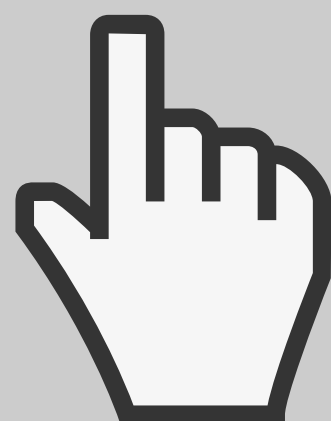


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