

Do I Have a Father Wound?

15-Point Self-Check to See How Your Relationship with Your Father May Still Be Affecting You

✓ Check off each statement that feels true for you:

- 1. I often feel like I need to prove my worth — in love, work, or life.
 - 2. I'm drawn to emotionally unavailable or avoidant partners.
 - 3. I crave attention or approval from older men or strong authority figures.
 - 4. I find it hard to express my emotional needs — especially to men.
 - 5. I distrust men, even when they are kind or present.
 - 6. I either avoid male authority or feel defensive in their presence.
 - 7. I take pride in being hyper-independent — asking for help feels unsafe.
 - 8. I fear being abandoned, left, or rejected when I open up.
 - 9. I often feel like I'm "too much" for others to handle.
 - 10. I rarely felt emotionally seen or affirmed by my father.
 - 11. My father was physically present but emotionally distant.
 - 12. I grew up feeling criticized, judged, or not enough in his eyes.
 - 13. I find it difficult to trust, relax, or receive love fully.
 - 14. I replay similar painful dynamics in my adult relationships.
 - 15. A part of me still longs for something from my father — even now.
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What Your Results May Reveal:

- ✓ **0–5 Yes**
You may carry mild patterns from your father relationship — worth exploring with curiosity and compassion.
- ✓ **6–10 Yes**
You likely carry an emotional father wound that is subtly shaping your relationships, trust, or self-worth.
- ✓ **11–15 Yes**
This may indicate a deep father wound that affects your emotional safety, patterns in love, and sense of identity. Healing is possible — and powerful.