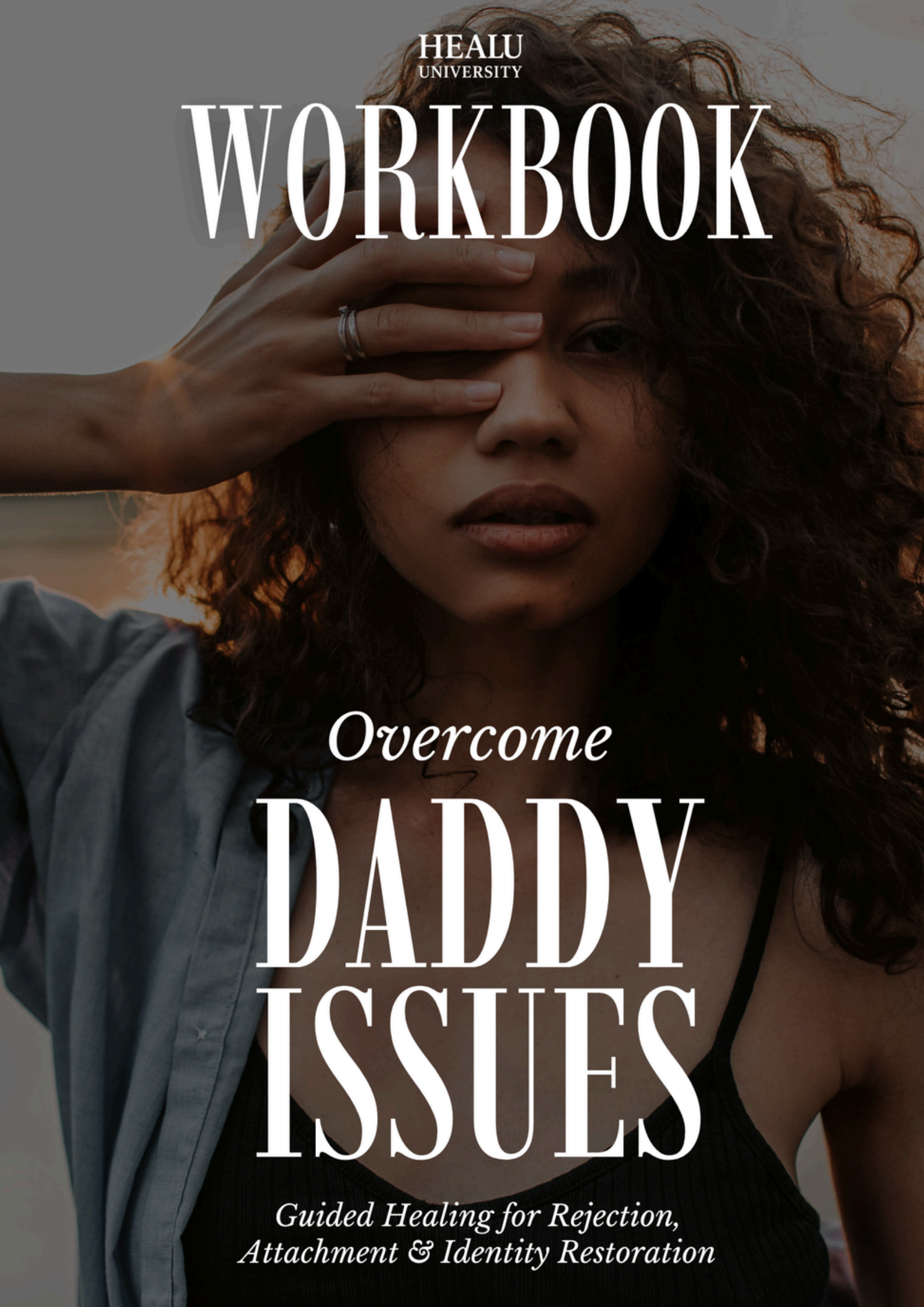


HEALU
UNIVERSITY

WORKBOOK

Overcome

DADDY ISSUES

Guided Healing for Rejection, Attachment & Identity Restoration

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Hey Love!

If you're holding this workbook, it means something inside you is ready to soften, to tell the truth, and to heal at a deeper level. This is not an accident, and you are not weak for needing support.

Father wounds don't always look dramatic. Sometimes they look like overgiving. Sometimes they look like choosing unavailable people. Sometimes they look like independence that never learned how to rest. Sometimes they look like trying to be "easy to love" so no one leaves.

This workbook was created as a companion to Overcome Daddy Issues, but it also stands on its own as a safe space for reflection, honesty, and restoration. There is no rush here. No pressure to "fix" yourself. Healing does not require perfection—it requires presence.

As you move through these pages, invite God into the process. Not as a distant observer, but as a loving Father who desires to restore what was missing, affirm what was wounded, and strengthen who you are becoming.

You are not broken.
You are becoming whole.

With care and compassion,

Mechelle Renee

How to Use This Workbook

This workbook is designed for slow and intentional use.

You may choose to:

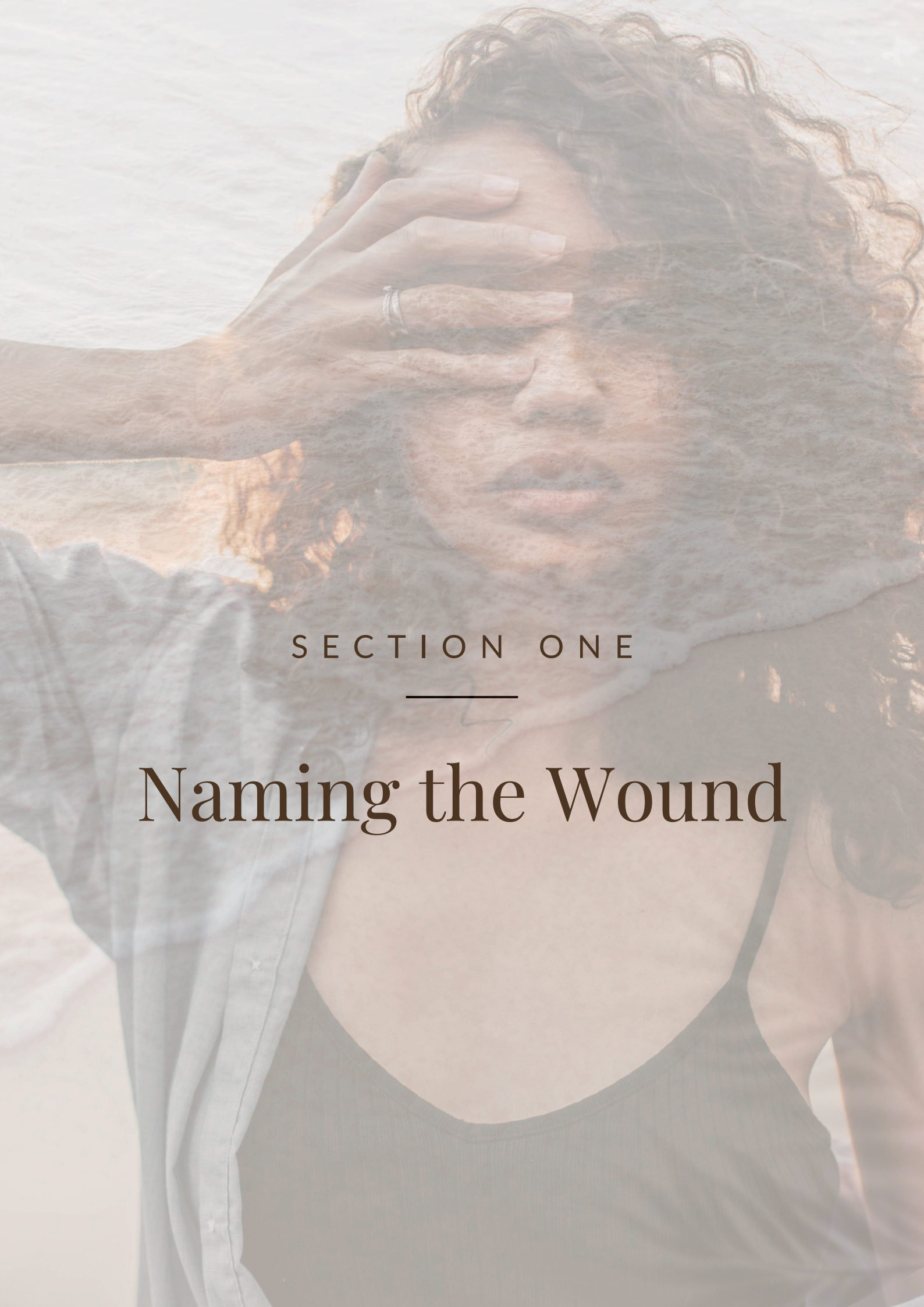
- Complete one section per day
- Journal through one prompt at a time
- Pause whenever emotions arise
- Return to certain sections more than once

There is no “right way” to heal—your pace matters.
If at any point emotions feel heavy, take a break. Breathe. Pray. Ground yourself. Healing is not about pushing through—it’s about learning how to stay with yourself safely.

A Gentle Disclaimer

This workbook is intended for personal reflection, emotional awareness, and spiritual growth. It does not replace professional mental health care. If at any point you feel overwhelmed or unsafe, please seek support from a licensed therapist, counselor, or trusted professional.

You deserve support at every level.



SECTION ONE

Naming the Wound

Naming the Wound

Before healing begins, truth must be named.

Many women carry father wounds without realizing it because they learned early how to adapt. They became strong. Responsible. Self-reliant. But unhealed wounds don't disappear—they express themselves quietly through patterns, fears, and relational pain.

This section invites you to name what you experienced without minimizing it or blaming yourself.

Reflections:

Growing up, my relationship with my father was best described as:

Continue writing...

The ways his presence—or absence
—impacted me emotionally were:

Continue writing...

Things I learned about love
from this relationship include:

Continue writing...

Gentle Truth

What happened to you shaped
you, but it does not define you.



SECTION TWO

Rejection and Self-Worth

Rejection and Self-Worth

Rejection wounds often teach us lies we carry into adulthood. Here are some common “I AM” feelings:

- I am not chosen.
- I am not enough.
- I am too much.
- I am easy to leave.

These beliefs don’t come from truth—they come from unmet needs.

Reflections:

When I feel rejected, my first emotional reaction is usually:

Continue writing...

When rejection shows up in my relationships, it looks like:

Continue writing...

The lie I learned about
myself from rejection is:

Continue writing...

What God says
about me instead is:



SECTION THREE

Attachment Patterns

Attachment Patterns

Attachment patterns are not flaws—they are strategies your nervous system developed to stay safe. Here are some common attachment patterns:

- If you learned that love was inconsistent, you may cling.
- If love felt overwhelming, you may withdraw.
- If love feels unsafe, you may control.

Healing begins when we understand these patterns without shame.

Reflections:

In close relationships, I tend to:

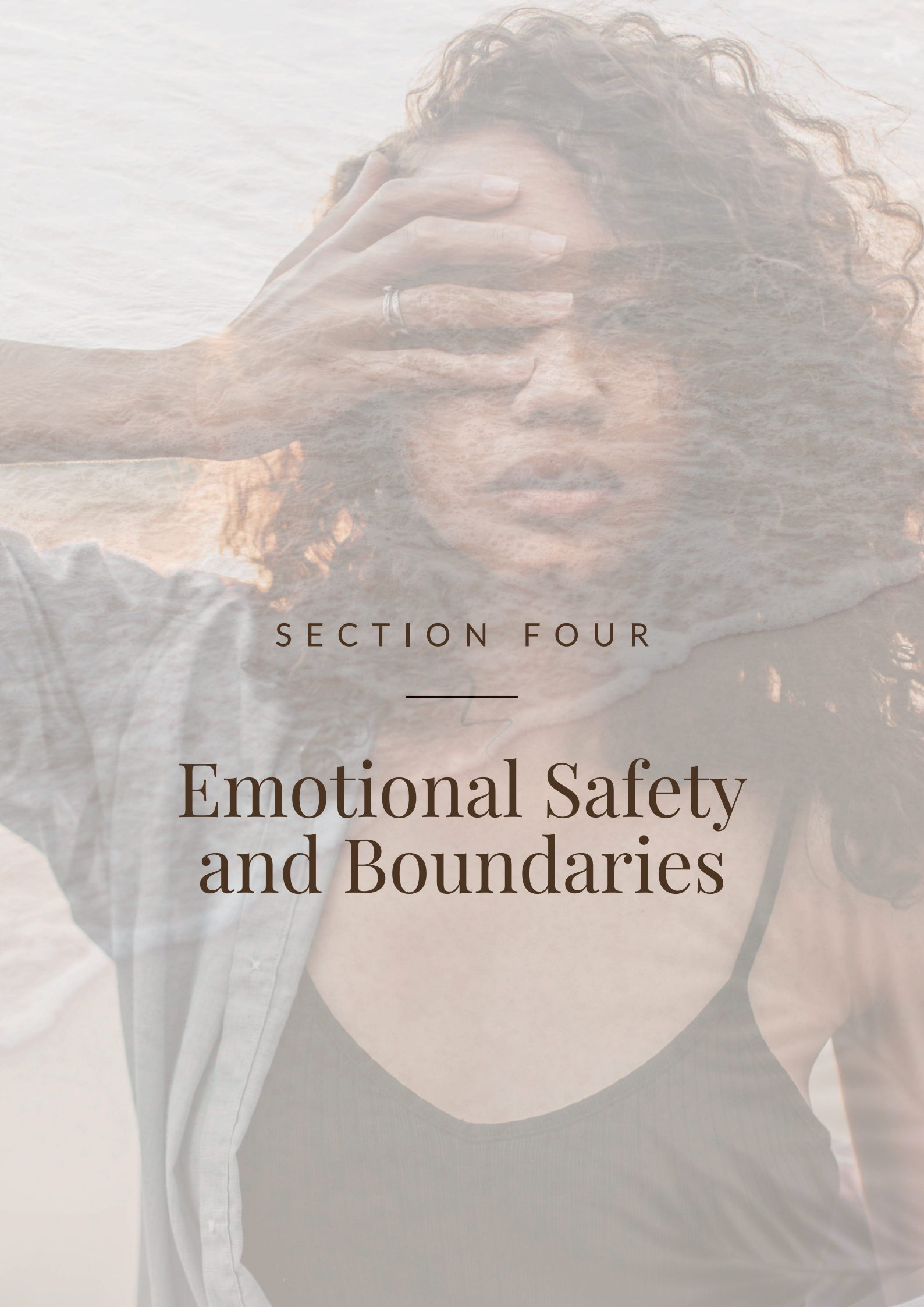
- ☐ Overgive
- ☐ Pull away
- ☐ Fear abandonment
- ☐ Struggle to trust
- ☐ Avoid vulnerability

This pattern developed because:

Continue writing...

Awareness Shift

I am not “too much” or “emotionally broken.”
I adapted to what I was given.



SECTION FOUR

Emotional Safety and Boundaries

Emotional Safety and Boundaries

Father wounds often blur the line between love and self-abandonment.

You may have learned to tolerate emotional distance, inconsistency, or disrespect to feel connected.

Healing teaches you that boundaries are not rejection—they are protection.

Reflections:

In relationships, I struggle most with this boundary:

Continue writing...

When I try to set boundaries, I feel:

Continue writing...

What emotional safety would
look like for me now is:



SECTION FIVE

God As Father

God As Father

For many women, God as Father can feel complicated.

If your earthly father was absent, harsh, unpredictable, or emotionally unavailable, it can be difficult to trust God's care.

This section is not about forcing belief—it's about allowing God to gently redefine what fatherhood means.

Reflections:

When I think of God as Father, I feel:

Continue writing...

The fears or resistance I notice are:

Continue writing...

What I desire from God as Father is:

Continue writing...

Scripture Reflection

"Though my father and mother forsake me,
the Lord will receive me."
— Psalm 27:10

What does this mean for me personally?



SECTION SIX

Identity Restoration

Identity Restoration

Father wounds often distort identity.

You may have learned to perform, prove, or protect yourself instead of simply being. Healing restores identity rooted in truth—not survival.

Reflections:

I have been trying to earn love by:

Continue writing...

Who I am beneath survival
and performance is:

Continue writing...

I am becoming a woman who:



SECTION SEVEN

Integration and Next Steps

Integration and Next Steps

Healing is not a moment—it is a process.

What matters most is not how fast you heal, but how gently you stay connected to yourself along the way.

Reflections:

The biggest insight I gained
from this workbook is:

Continue writing...

One emotional pattern I
am ready to release is:

Continue writing...

One truth I will carry forward is:

Just A Kind Reminder:

You were never abandoned by God.
You were never forgotten.
And you were never without love.
Healing is your birthright.

-Mechelle Renee

Thank You for Doing This Work

If you've reached this page, pause for a moment.

What you just did took courage.

You chose honesty over avoidance.
Compassion over self-blame.
Healing over silence.

That matters more than you know.

Father wounds don't heal because we ignore them — they heal because we finally acknowledge them with truth, grace, and support. By completing this workbook, you've taken an intentional step toward emotional clarity, restored identity, and healthier relationships.

You are not behind.
You are not broken.
You are becoming whole.

Healing is not linear, and this is not the end of your journey — it's a foundation.

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Continue Your Healing with HealU University

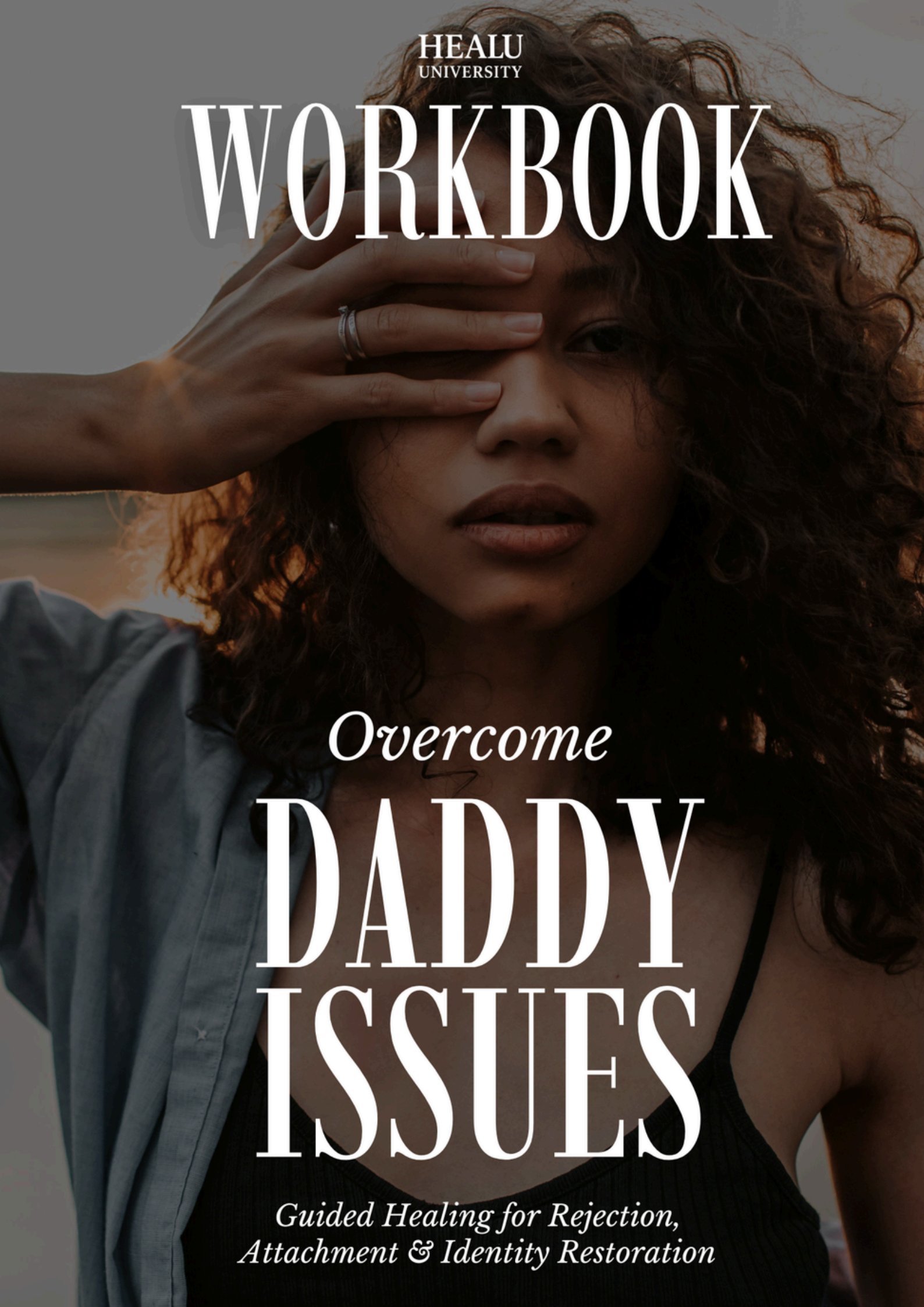
HealU University was created as a sacred space for women who are ready to heal deeply, live intentionally, and grow emotionally and spiritually — without shame or pressure.

Inside HealU, you'll find:

- Guided healing resources
- Identity and emotional restoration tools
- Faith-centered teachings for real life
- Support for every season of your journey

This workbook is just one step. You don't have to do the rest alone.

When you're ready, HealU is here to walk with you.



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