

***“LET’S TALK”* TABLE OF CONTENTS**

PART ONE:

Laying the Groundwork: Preparing Yourself to Pursue Your Daughter’s Heart

1. You Have What It Takes
2. What You Have to Gain by Engaging Your Daughter’s Heart
3. What Dads and Daughters Say about Using Scripts to Guide Their Conversations
4. Why Listening to Your Daughter Matters
5. How to Invite Your Daughter to Participate in This Process
6. Self-Evaluation with the Dialed-In-Dad Checklist
7. Road Map for Using This Book

PART TWO:

Action Plans: Questions and Activities for Connecting With Your Daughter’s Heart

8. Lead Her to ***Laugh***

Dad-Daughter Date #1: Fun, Lighthearted Questions about the Present

Dad-Daughter Date #2: Fun, Lighthearted Questions about the Past

Dad-Daughter Date #3: Fun, Lighthearted Questions about the Future

Dad-Daughter Date #4: Questions about Firsts

Dad-Daughter Date #5: Ten Outrageous Things I Wish I Had the Nerve to Do

Dad-Daughter Date #6: Looking at Myself through a Different Lens

Dad-Daughter Date #7: Defining Myself

Dad-Daughter Date #8: Fun Questions about Movies (Television or Books)

Dad-Daughter Date #9: The ABCs about Your Daughter

Dad-Daughter Date #10: The ABCs of God

Dad-Daughter Date #11: Expressing Yourself, Expressing Your Style

Dad-Daughter Date #12: The Best Phone Photo of the Day Game

Dad-Daughter Date #13: The 24-Hour No Phone Challenge

9. Lead Her to ***Love***

Dad-Daughter Date #14: Questions on Personality Profiles Inventory

Dad-Daughter Date #15: Questions on Love Languages

Dad-Daughter Date #16: Questions on Self-Esteem

Dad-Daughter Date #17: Questions on Body Image
Dad-Daughter Date #18: Questions on Her Clothing Choices
Dad-Daughter Date #19: Questions on Longing for Romance and Royalty
Dad-Daughter Date #20: Questions on Being Single
Dad-Daughter Date #21: Ten Things I Want to Do in My Life
Dad-Daughter Date #22: Questions on Closing the Dream Gap
Dad-Daughter Date #23: Questions on Becoming a World Changer
Dad-Daughter Date #24: Questions on Volunteering: Taking It to the Streets *Together*

10. Lead Her to ***Look***

Dad-Daughter Date #25: Questions to Help Her Find Her Voice
Dad-Daughter Date #26: Questions on Standing Up, Standing Strong, and Standing Alone
Dad-Daughter Date #27: Questions on False Self and True Self
Dad-Daughter Date #28: Questions on Facing and Conquering Her Fears
Dad-Daughter Date #29: Questions on Anxiety
Dad-Daughter Date #30: Questions on Depression
Dad-Daughter Date #31: Questions on Substance Use (Drugs and Alcohol)
Dad-Daughter Date #32: Questions on Spirituality
Dad-Daughter Date #33: Questions on Boundaries with Smartphone Use
Dad-Daughter Date #34: Questions on Guys and Dating
Dad-Daughter Date #35: Questions on Sex
Dad-Daughter Date #36: Questions on Sexting
Dad-Daughter Date #37: Questions on Sexual Harassment and Sexual Assault
Dad-Daughter Date #38: Questions on Bullying and Cyberbullying
Dad-Daughter Date #39: Questions on Pornography
Dad-Daughter Date #40: Questions on Same-Sex Attraction
Dad-Daughter Date #41: Questions on Eating Disorders and/or Disordered Eating
Dad-Daughter Date #42: Questions on Cutting (Self-Injurious Behavior)
Dad-Daughter Date #43: Questions on Suicide and Suicidal Thoughts

11. Lead Her to ***Lament***

Dad-Daughter Date #44: Questions on Making Amends for Hurtful Words You've Spoken
Dad-Daughter Date #45: Questions on Her Father Wounds—*from You*
Dad-Daughter Date #46: Questions on Her Father Voids—*from You*

Dad-Daughter Date #47: Questions on Distracted Dads
Dad-Daughter Date #48: Questions If You or Her Mom Had an Affair
Dad-Daughter Date #49: Questions about Her Parents' Divorce
Dad-Daughter Date #50: Questions on Having You as Her Stepdad
Dad-Daughter Date #51: Questions for Estranged Daughters Who Are Open to Talking
Dad-Daughter Date #52: Questions on Sibling Rivalry
Dad-Daughter Date #53: Questions on Being Adopted
Dad-Daughter Date #54: Questions about the Death of a Loved One

PART THREE:

Flipping the Script: Questions for Daughters to Ask Their Dads

12. Lead Her to *Listen*

Daughter-Dad Date #55: Questions about Your Life as a Kid
Daughter-Dad Date #56: Questions about Your Parents, Childhood, and Family Life
Daughter-Dad Date #57: Questions about How Your Relationship with Your Dad Impacted You
Daughter-Dad Date #58: Questions about Your History with Drugs, Alcohol, and Addictions
Daughter-Dad Date #59: Questions about Your Romantic History
Daughter-Dad Date #60: Questions about How You Relate to God