

# The Dialed-In Dad Checklist

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Name: \_\_\_\_\_ Date: \_\_\_\_\_

	<u>Frequently</u>	<u>Occasionally</u>	<u>Never</u>
1. My daughter and I go on dates	3	2	1
2. I feel like I know what's happening in her life	3	2	1
3. I tell her my thoughts / fears about the decisions she is making... <b>gently</b>	3	2	1
4. I get frustrated / angry with her more than I used to	1	2	3
5. I initiate conversations about spiritual things	3	2	1
6. It's hard to talk <b>with</b> her so more often I talk <b>at</b> her	1	2	3
7. I feel my daughter respects me	3	2	1
8. I struggle to engage her in serious conversations so we mostly joke around	1	2	3
9. I am home for dinner with the family	3	2	1
10. I tease her about her weight (even though I say it in jest)	1	2	3
11. I make comments about other people's weight	1	2	3
12. Favoritism is something I grew up with and it still plays out with my kids	1	2	3
13. I know and have interactions with my daughter's close girlfriends	3	2	1
14. I know and have interactions with my daughter's close guy friends	3	2	1
15. I attend the school activities she is involved in (sports, music, drama)	3	2	1
16. I talk down to her mother, sometimes in front of my daughter	1	2	3
17. I help my daughter with her homework	3	2	1
18. My daughter tells me things she is learning in school and / or life	3	2	1
19. My daughter opens up about things she is learning spiritually	3	2	1
20. I can respect the areas of differences between us (beliefs / thinking) without trying to force her to believe or think the way I do	3	2	1
21. I usually watch what I want on TV even if "her shows" are on at the same time	1	2	3
22. I have bought her an item of clothing that she really wanted for no particular reason...it was "just because"	3	2	1
23. I am okay when she cries. In fact, she is comfortable crying in front of me	3	2	1
24. I am comfortable letting my daughter see me cry	3	2	1
25. We have fun traditions that involve just the two of us	3	2	1
26. She and I enjoy getting physically fit together — hikes, gym, jogging, walking	3	2	1
27. My daughter likes hanging out with her friends at our house	3	2	1
28. We talk openly about alcohol and drugs, and she tells me the truth about it	3	2	1
29. We've had an honest, interactive talk about sex (not just me lecturing)	3	2	1

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	<u>Frequently</u>	<u>Occasionally</u>	<u>Never</u>
30. My positive interactions with her outweigh the negative ones	3	2	1
31. I can name her favorite musical artist and song right now	3	2	1
32. I let her play “her music” when we’re in the car	3	2	1
33. I have gone to see “her kind of movie” with her	3	2	1
34. I criticize my body openly in front of her	1	2	3
35. I pray for her and <b>with</b> her	3	2	1
36. I know how to get her to laugh	3	2	1
37. I apologize, say “I’m sorry,” and ask forgiveness when I have wronged her, hurt her, or crushed her spirit	3	2	1
38. I’m okay being silly and foolish around her, even if it means being made fun of and teased by her...without being defensive	3	2	1
39. I speak the truth in love when it comes to communicating with her	3	2	1
40. I use anger as a way to quiet her and discipline her	1	2	3
41. I use time in the car to lecture her	1	2	3
42. I affirm and compliment her mom in front of her	3	2	1
43. I handwrite my daughter notes to tell her I love her or am thinking about her	3	2	1
44. I text my daughter to check in and tell her I love her or am thinking about her	3	2	1
45. I intentionally engage her in conversation after my work day	3	2	1
46. I compliment my daughter on her personality and character	3	2	1
47. I let her know she looks beautiful (with words — written or verbal)	3	2	1
48. I am careful to speak positives to her (being proud of her, affirmation, etc.)	3	2	1
49. I meet the guys she dates before she goes out with them	3	2	1
50. I am comfortable expressing physical affection to my wife in front of her	3	2	1
51. I am comfortable expressing physical affection to my daughter	3	2	1
52. I have spoken with my daughter about how to save and spend money	3	2	1
53. I participate in community service with her	3	2	1
54. I drive her to church, entering into spiritual practices <b>with</b> her	3	2	1
55. I answer her questions about my own life when she asks me (without defensiveness)	3	2	1
56. I ask questions to draw her out and keep the dialogue going	3	2	1
57. I tell my daughter what I am learning (books, Bible, work, life...)	3	2	1
58. I check my daughter’s internet and phone histories to know where she’s at	3	2	1
59. I enter her room (with permission) just to touch base and see the lay of her land	3	2	1
60. I have a pattern of checking in with her and “just” listening	3	2	1

## The Dialed-In Dad Checklist • Scoring

**170-180** ..... I am strongly tuned in to my daughter's life while consistently pursuing her heart.

**140-169** ..... Overall I am dialed in, but there are some areas that specifically need my attention and commitment to improve.

**110-139** ..... Truth be told, it's hit or miss in terms of intentionally investing in my daughter's life and I am admitting my short-comings here without making excuses. It's time to "kick it up a notch."

**30-109** ..... I see clearly that I have fallen short of being a solid role model and admit that change has to begin with me if I want to win back my daughter's trust and actively engage in healing her wounded heart.

*If you're like the men in my groups, you've probably already totaled your score and are ready to use it both as a gauge for where you are now, as well as a template for where you still need to focus. I've loved hearing dads in The Abba Project tell me that they made a copy of this checklist and put it in a prominent place (e.g., their closet) where it reminds them of what they need to work on.*

*I trust this checklist will help lead the way as you seek to be the best dad you can be and the best dad your daughter needs you to be. Go Dad!*