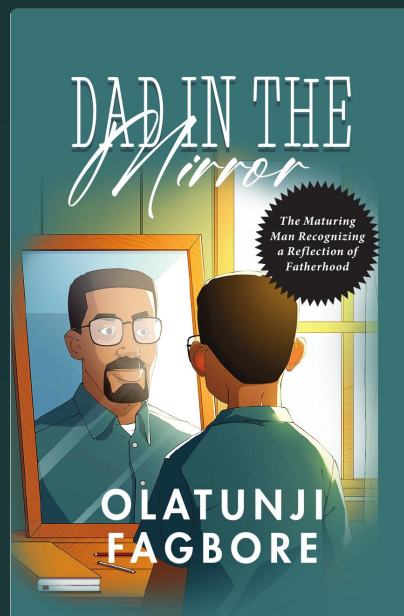


A JOINT WORKBOOK



The Father & Child Workbook

Twelve prompts. Two sets of answers, side by side. One conversation you build together — for fathers and their sons or daughters, of any age.

Fill it out separately. Then read each other's answers out loud.

Unlike the Companion Journal, which is for reading alone, this workbook is built to be filled out *alongside* each other — a father and his son or daughter, answering the same twelve questions independently, then comparing what they wrote.

1. Each of you takes a copy, or takes turns with this one. Answer honestly, without looking at the other person's answers first.
2. When you're both done with a page, read your answers to each other out loud — one prompt at a time, not all twelve at once.
3. Let the differences sit. You don't have to agree, explain, or defend your answer. Just hear it.
4. Do a few prompts a week, not all twelve in one sitting. This isn't a race.

What's your favourite memory of the two of you together?

DAD'S ANSWER

CHILD'S ANSWER

What's something you're proud of the other person for?

DAD'S ANSWER

CHILD'S ANSWER

What's a quality you hope never changes between you?

DAD'S ANSWER

CHILD'S ANSWER

What's something you've always wanted to ask the other person, but haven't?

DAD'S ANSWER

CHILD'S ANSWER

What's one word you'd use to describe your relationship right now?

DAD'S ANSWER

CHILD'S ANSWER

What's a tradition or moment you want to keep doing together?

DAD'S ANSWER

CHILD'S ANSWER

What's something you learned from the other person, without them realising it?

DAD'S ANSWER

CHILD'S ANSWER

What's one thing you wish the other person knew about how you feel?

DAD'S ANSWER

CHILD'S ANSWER

What's a fear about this relationship you've never said out loud?

DAD'S ANSWER

CHILD'S ANSWER

What's something you forgive the other person for?

DAD'S ANSWER

CHILD'S ANSWER

What's a hope you have for this relationship, five years from now?

DAD'S ANSWER

CHILD'S ANSWER

Finish this sentence: "I love you because..."

DAD'S ANSWER

CHILD'S ANSWER

Twelve prompts. Two perspectives. One
relationship you built together, on paper.

Keep this. Read it again in five years and see what's
changed — and what hasn't.