

## Exploring Your Father's Influence On Your Life

Take the time to fill the following table.

In the Positive section write down your father's positive contributions to your life and his positive traits. (You may use the Primary Personality Traits below)

In the Negative section write down your father's negative influence upon your life and his negative traits. In what way he wasn't there for you?

In the Current Concerns section write down your present-day concerns or problems with him.

Positive contributions/traits	Negatives influence/traits	Current concerns/problems

Get [Healing The Father Wound Worksheets](https://payhip.com/b/yqpuA) by visiting: <https://payhip.com/b/yqpuA>

--	--	--

Get [Healing The Father Wound Worksheets](https://payhip.com/b/yqpuA) by visiting: <https://payhip.com/b/yqpuA>

# Primary Personality Traits

## List of Negative Traits

Abrasive	Compulsive	Disorganized	Hateful
Abrupt	Conceited	Disrespectful	Hedonistic
Aimless	Condemnatory	Domineering	Hesitant
Aloof	Conformist	Dull	Hostile
Amoral	Confused	Easily	Ignorant
Angry	Contemptible	Discouraged	Impatient
Anxious	Conventional	Egocentric	Impractical
Apathetic	Cowardly	Envious	Imprudent
Argumentative	Crafty	Erratic	Impulsive
Arrogant	Crazy	Escapist	Inconsiderate
Artificial	Criminal	Extravagant	Incurious
Asocial	Critical	Extreme	Indecisive
Barbaric	Crude	Faithless	Indulgent
Bizarre	Cruel	Fanatical	Inert
Bland	Cynical	Fanciful	Inhibited
Blunt	Deceitful	Fawning	Insecure
Boisterous	Delicate	Fearful	Insensitive
Brittle	Demanding	Fixed	Insincere
Brutal	Dependent	Foolish	Insulting
Calculating	Desperate	Forgetful	Intolerant
Callous	Destructive	Fraudulent	Irrational
Careless	Devious	Frivolous	Irresponsible
Cautious	Difficult	Gloomy	Irritable
Charmless	Dirty	Graceless	Lazy
Childish	Dishonest	Grand	Malicious
Clumsy	Disloyal	Greedy	Mannerless
Cold	Disobedient	Grim	Mechanical

Meretricious	Presumptuous	Tasteless	
Messy	Pretentious	Tense	
Miserable	Procrastinating	Timid	
Miserly	Provocative	Troublesome	
Misguided	Quirky	Unappreciative	
Moody	Reactive	Uncaring	
Morbid	Regretful	Uncharitable	
Naive	Repressed	Unconvincing	
Narcissistic	Resentful	Ungrateful	
Narrow-minded	Ridiculous	Unhealthy	
Negative	Rigid	Unreliable	
Neglectful	Ritualistic	Unstable	
Neurotic	Sadistic	Venomous	
Nihilistic	Scornful	Vindictive	
Obnoxious	Secretive	Vulnerable	
Obsessive	Selfish	Weak	
Oblivious	Self-indulgent	Weak-willed	
Odd	Shallow	Wishful	
Opinionated	Shy		
Opportunistic	Silly		
Outrageous	Slow		
Paranoid	Stiff		
Passive	Strong-willed		
Perverse	Stupid		
Petty	Submissive		
Possessive	Superficial		
Power-hungry	Superstitious		
Predatory	Suspicious		
Prejudiced			

## List of Positive Traits

Accessible	Colorful	Efficient	Heroic
Active	Compassionate	Elegant	Honest
Adaptable	Conciliatory	Eloquent	Honorable
Admirable	Confident	Empathetic	Humble
Adventurous	Conscientious	Energetic	Humorous
Agreeable	Considerate	Enthusiastic	Idealistic
Alert	Constant	Exciting	Imaginative
Ambitious	Contemplative	Extraordinary	Impressive
Amiable	Cooperative	Fair	Independent
Appreciative	Courageous	Faithful	Innovative
Articulate	Courteous	Farsighted	Insightful
Aspiring	Creative	Firm	Intelligent
Assertive	Curious	Flexible	Intuitive
Athletic	Daring	Focused	Invulnerable
Attractive	Decent	Forceful	Kind
Balanced	Decisive	Forgiving	Knowledge
Benevolent	Dedicated	Forthright	Liberal
Brilliant	Deep	Friendly	Logical
Calm	Dignified	Fun-loving	Lovable
Capable	Directed	Gallant	Loyal
Captivating	Disciplined	Generous	Many-sided
Caring	Discreet	Gentle	Masculine
Challenging	Dramatic	Genuine	(Manly)
Charismatic	Dutiful	Good-natured	Mature
Charming	Dynamic	Gracious	Methodical
Cheerful	Earnest	Hardworking	Meticulous
Clean	Ebullient	Healthy	Moderate
Clear-headed	Educated	Helpful	Modest

Neat	Reliable	Sweet	
Objective	Resourceful	Sympathetic	
Observant	Respectful	Systematic	
Open	Responsible	Tasteful	
Optimistic	Responsive	Thorough	
Orderly	Romantic	Tidy	
Organized	Sage	Tolerant	
Passionate	Sane	Trusting	
Patient	Secure	Uncomplaining	
Peaceful	Selfless	Understanding	
Perceptive	Self-reliant	Vivacious	
Perfectionist	Self-sufficient	Warm	
Persuasive	Sensitive	Well-bred	
Playful	Sentimental	Well-read	
Polished	Serious	Wise	
Popular	Sexy	Witty	
Practical	Sharing	Youthful	
Precise	Simple		
Principled	Skillful		
Profound	Sociable		
Protective	Solid		
Prudent	Sophisticated		
Punctual	Spontaneous		
Purposeful	Stable		
Rational	Steady		
Realistic	Stoic		
Reflective	Strong		
Relaxed	Studious		
	Subtle		

