



Daddy Hunger ONLINE BOOK STUDY

Helping others do the work of
owning their stories and reclaiming
their lives.

BY TISH GRANVILLE AND LANELLE JACKSON

TWINPOWERMENT

WELCOME

Hi There!

Thank you for joining us on this journey of going deeper into our very first book titled "Daddy Hunger: Feeding the Deficit with Divine Dining." This book study is for women who want to connect both with our story and with their own. It is not just for women with father wounds, but women who want to engage in storytelling and learning to process their inner worlds. This is NOT a book review. This is a guided healing journey. It is 6 weeks, which seems like a long time, but we didn't want to rush the process and we want you to take it one week at a time. We did our best to keep you in mind as we developed the content, the pace and the level of engagement. We hope that you find it to fit the rhythm of your life.

Purpose Matters

Our intentions are simple for creating this study. We value using our story as a means to create a connection from us to our squad of supporters. We value developing solidarity and sacred spaces for women who are committed to doing the inner work. And we value curating content that cultivates curiosity and courage within women.

This study of Daddy Hunger will help you to:

- Engage your story with curiosity and compassion
- Creatively and courageously do the inner work to heal from your past
- Connect with Abba and receive a full, abundant life

Tish & Nell

ABOUT US

In case you haven't met us, we are twin sisters who share a passion for all things faith, mental health, trauma recovery, healing from family wounds, and healing the body with somatic tools. We are counselors, speakers, content creators and new authors of the book "Daddy Hunger". And lastly, we are your Online Book Study facilitators!



STUDY OUTLINE

The Online Book Study will Follow this Weekly Format:

- **Monday:** An opening meditation
- **Tuesday:** Chapter reading
- **Wednesday:** Processing Questions
- **Thursday:** A Challenge
- **Friday:** Read/Reflect/Respond activity on Facebook

Although we have a structure to guide the study, please go at a pace that makes sense for you. For example, maybe you want to start the reading on Monday. Maybe you want to combine the reading and the processing questions into one day. That is up to you!

We will interact weekly in a Facebook Group called "**Daddy Hunger Online Book Study**". This is where we will see how you are all doing with the study, where you can ask questions, where you can share insights, and where we will post to keep you engaged. You definitely don't want to miss Fridays, as this is the Read/Reflect/Respond activity where we post a thought, a quote or concept and engage in dialogue about it.



Materials

In order to get the most out of this healing journey, you will need a few things!

Required:

- The Daddy Hunger book
- Book study guide (printed or digital)
- A journal
- Facebook account
- A pen/pencil
- A 6-week commitment
- Curiosity and an open heart

Optional:

- A cozy blanket
- Fuzzy socks
- Candle
- Aromatherapy
- A chair by a window
- A cup of something warm to drink





for His Spirit joins
with our spirit to
affirm that we are
God's children.

Romans 8:15

Eight-Fifteen (8:15) Squad is our healing community for women based on Romans 8:15. We endeavor to set a table where all feel welcome to come and be filled up with good things and where all feel accepted as daughters of God! We want to provide the best trauma-informed and holistic resources for those who want to continue to enter into their stories and see what new self-discoveries can be made. Story engagement is facilitated through groups, workshops, e-courses and online education.

WEEKLY READING *Plan*

week **1** Introduction, Chapter 1 & Chapter 2

week **2** Chapter 3

week **3** Chapter 4 & Chapter 5

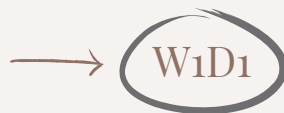
week **4** Chapter 6 & Chapter 7

week **5** Chapter 8

week **6** Chapter 9 & Chapter 10



Tip: This is an abbreviation for "Week 1 & Day 1", so you always know what week and day we are on



Week 1

Hello 8:15 Squad and welcome to Week 1 of the Daddy Hunger Online Book Study. We are so happy that you decided to join us as we dive into our book. We are even more excited about the healing journey that each one of you will embark upon. In this first week, we have some exciting things for you. Not only will you get to read about our experience with fatherlessness, but you will get to explore some of your own underlying issues and start to gain insight into your own story. So get comfy, and let the healing begin!



Meditation Monday

W1D1
Monday

Welcome 8:15 Squad! Are you ready to get started? Today we are going to start off light with a meditation. Before you dive into the reading, we want you to connect with your mind and bodies in a refreshing way. Go ahead and grab some of your comfort items (blanket, pillow, candle, aromatherapy, your favorite beverage) and join us for this meditation!

Heart & Mind Opener: Sit someplace comfortable with your comfort items. Go ahead and focus your attention on the present moment. There's no place that you need to be right now except here in this moment. Now, as you focus your attention on your body and the calming space around you, go ahead and take some deep breaths. Inhale through your nose...1-2-3 and exhale through your mouth...1-2-3-4. Repeat this 2-3 more times. As you breathe, focus on your heart and mind space. Imagine that your mind and your heart are light, focused, and expanding. Imagine that with each inhale your mind and heart are receiving new knowledge, awareness, hope, and healing. And with each exhale, your mind and heart are emptying out fears, worries, doubts, and stress. Continue focusing and breathing for about 5 minutes until you are relaxed and inspired.

Great job! You have completed day 1 of the first week of the book study. Tomorrow we will be diving straight into the reading.

Time to Read

W1D2

Tuesday

Welcome 8:15 Squad to Day 2 of Week 1. We hope you enjoyed the meditation yesterday and that it helped you to let go and get ready to receive! Today is the day we dive straight into the book readings.

Reading Assignment: Introduction, Chapter 1 & Chapter 2 of the Daddy Hunger Book.

W1D3

Wednesday

It is Day 3 of Week 1 and you should have completed this week's reading...which means you now know a bit more about our story. Now we want to help you explore your own. These questions are for your eyes only so be honest!

Processing Questions

01 Relational hunger can be in response to fatherlessness, father or mother wounds or wounds from an attachment figure in your life. Have you experienced hunger in your life from a key figure? Explain.

02 What emotions or body sensations do you notice when you are hungry for food? Circle words that resonate. Use a different color to circle what you experience when relationally hungry?

- | | | | | |
|-----------|---------------|---------|-----------|---------|
| Annoyance | Uncomfortable | Worried | Regulated | ● ● ● ● |
| Pain | Distracted | Upset | Patience | ● ● ● ● |
| Neutral | Tempted | Angry | Irritated | ● ● ● ● |
| Content | Inspired | Tense | Miserable | ● ● ● ● |

03 What is the difference between a need and a desire? Can you name one of your needs and one of your desires?

● ● ● ●
● ● ● ●

Processing Questions cont.

Week 1

04

How would you define "father hunger" based on our definition?

05

If you could describe your relationship with your father using a continuum, with "empty" on one end and "satisfied" on the other, where would you place yourself? Mark with an x.



Empty

Satisfied

06

In Chapter 2, you learned of when we had an awakening related to our fatherlessness in college. It is not uncommon for family of origin wounds to become more pronounced in young adulthood. Can you recall a time in young adulthood (18-30) when you realized you had a family of origin wound?

"Daddy hunger is not a diagnosis for a disorder, it is a description of a wound"-
Tish & Nell

W1D4

Thursday

Challenge for Today:

Watch a favorite childhood movie

W1D5

Friday

Read > *Reflect* > *Respond*



Head on over to Facebook to participate in the closing activity for the week.

Welcome to Week 2! We hope you are staying curious about all the exciting things ahead and all the awesome ways healing is about to manifest in your life! Remind yourself of your capacity to heal, your right to healing and the source of your healing!



Meditation Monday

W2D1

Monday

Hello 8:15 Squad! It is the beginning of a new week and new beginnings call for a mental reset. Join us for another meditation to help you before you dive into the week's reading. Go ahead and grab some of your comfort items (blanket, pillow, candle, aromatherapy, your favorite beverage) and join us for this meditation!

Inner Child Meditation: Sit someplace comfortable with your comfort items. Go ahead and focus your attention on the present moment. There's no place that you need to be right now except here in this moment. Now, as you focus your attention on your body and the calming space around you, go ahead and take some deep breaths. Inhale through your nose...1-2-3 and exhale through your mouth...1-2-3-4. Repeat this 2-3 more times. As you breathe, focus on any tension you may be feeling. Try to focus on releasing tension as you breathe. Now begin to connect with the child within you. Imagine that you have approached her and have a warm and gentle feeling towards her. Maybe you want to sit beside her or across from her. Maybe you want to smile at her or gently place your hand on her shoulder. As you peacefully engage with your inner child, begin to recite some affirmations within yourself: "I was born with the ability to love and be loved." "The child I once was is still here today within me." "I can protect and love the child within me." "My inner child needs me." "My inner child wants my adult self to be happy and free." Sit with your inner child as long as it feels good and healing.

Great job! You have clocked some self-care and self-love time to prepare you for the rest of the week!

W2D2

Tuesday

Time to Read

Welcome 8:15 Squad to Day 2 of Week 2. We hope you enjoyed the meditation yesterday and that it helped you connect with your inner child. Today we will be continuing our reading with Chapter 3.

Reading Assignment: Chapter 3

W2D3

Wednesday

It is Day 3 of Week 2 and you should have completed this week's reading. We covered the ins and outs of hunger pangs. You learned the importance of owning your pain without over-identifying with a victim role or ignoring your feelings. Let's write!

Processing Questions

01 Have you owned your pain?
Write out your ownership statement!

I own...

02 Have you been impacted by family secrets? What is one family secret that has affected you in some way? Do you have a secret you are carrying that could impact generations after you?

03 List out some of your triggers. What reminds you that your pain is unfinished and unresolved?

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Alexithymia

The experience of having no words for your feelings; an inability to describe what you are feeling; difficulty recognizing what you are feeling.

W2D4

Thursday

Challenge

Challenge for Today:

Tell a secret to God

W2D5

Friday

Read > Reflect > Respond



Head on over to Facebook to participate in the closing activity for the week.

It's Week 3 ya'll! Give yourself a big hug because you've been hanging in there with yourself and with this process! Healing is not something you have to dream about, you can know it experientially by being in this community.



Meditation Monday

W3D1
Monday

Welcome 8:15 Squad! We hope that you had a peaceful and productive weekend. We are moving right along in our book study and the healing work is about to get deeper. This next meditation is going to help prepare your body for the total mind, body, spirit healing that we want to emphasize in this study. So grab your favorite comfort items (blanket, pillow, candle, aromatherapy, your favorite beverage) and join us for this meditation!

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Self Hold Meditation to Connect the Body, Brain, and Heart: Have you ever felt disconnected from your mind or heart? Have you ever felt split in your thinking, decision making, or happiness? Sometimes this can occur due to the fragmentation that happens in the body or more specifically between the brain, body & heart. So let's start with getting in a comfortable seated or standing position. You are going to place one hand on your head and the other hand on your heart. You can move into other self hold positions as well, such as one hand on the belly and another hand on your heart or head. As you begin to breathe naturally and slowly, simply recite the affirmations: "My mind, body & brain are connected." "My body functions as a whole unit." "I am one with my body." "I love my body." "I trust what my body can do for me." "I have a deep and meaningful connection with my body." "My mind, heart and body are friends." "I live in a whole and healed body." Continue to recite whatever affirmations feel right for you and imagine that your body is working together as a whole system, no longer fragmented or dissociated. Sit with your amazing body and continue breathing as long as it feels good.

Great job developing more meaningful connections with your body!

Time to Read

W3D2
Tuesday

Welcome 8:15 Squad to Day 2 of Week 3. We hope you enjoyed the meditation yesterday and that it helped you to better connect with your body! Take your body with you everywhere you go this week, and even as you engage your mind. Are you ready to read some more?

Reading Assignment: Chapters 4-5

W3D3
Wednesday

It is Day 3 of Week 3 and you should have completed this week's reading. Chapter 4 was a bit psycho-educational in nature so we are hoping you learned some new things. Chapter 5 provided you the opportunity to ponder your own heart's hunger and voids. So, let's examine where we can go deeper.

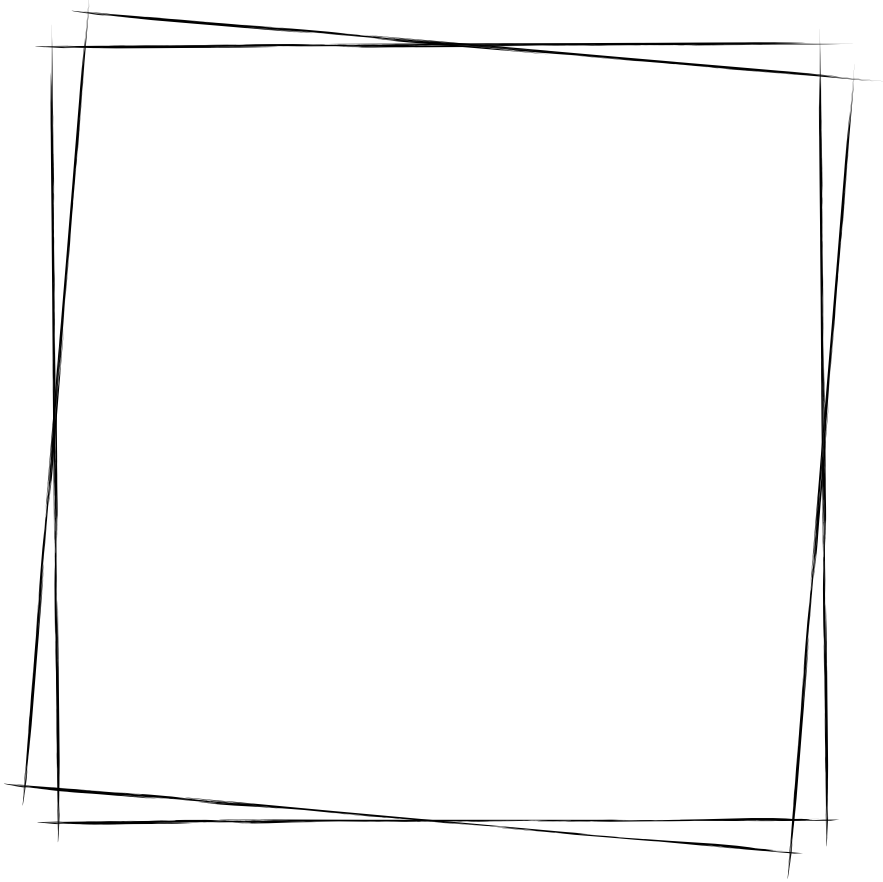
Processing Questions

01 In Chapter 4, we talked about a term called "Stinkin Thinkin." On page 63, we listed some our own maladaptive thoughts. Below, list out some of your stinkin' thinkin' beliefs.

02 What is one major way you disconnect from your body when you feel abandoned, distressed or hurt?

03 A lot of people who suffer abandonment or trauma have a hard time using their voice (pg 75). On the lines below, write down a powerful statement that you wish you could shout to the world with a bullhorn. Don't hold back!

04 In pages 79-83, we talked about void-fillers. In the space below, sketch what a void in your life looks like, and fill in the void with whatever fillers you have turned to in order to satisfy your hungry heart.



05 If rejection is the negative emotional experience from "wanting more from a person than they are equipped to give", tell about a time you expected more from a person than what they could give.

*Hunger has many faces, but one way or another it demands to be fed.
-Robin Smith*

W3D4

Thursday

Challenge for Today:

Take a photo of something that reminds you of your capacity to heal. Print it.

W3D5

Friday

Read > *Reflect* > *Respond*



Head on over to Facebook to participate in the closing activity for the week.