

The Dad Not Dead Survival Guide

What I Wish Someone Told Me When I Was Disappearing

Page 1: I Didn't Want to Go Inside

I used to sit in the car for a few minutes before going in.

Engine off. Hands on the wheel. Just... sitting there.

Not because I didn't love them.

Because I didn't know who I was once I walked through that door.

Inside, I wasn't me.

I was the guy who needs to do things.

Fix things.

Handle things.

No one asked me how I was. And to be honest... I stopped asking myself too.

I didn't think anything was "wrong."

I just felt... empty.

Like something in me got turned down slowly and I didn't notice when it happened.

Page 2: The Part No One Talks About

Becoming a dad changes you. Everyone says that. But no one says what you lose. You lose time. You lose space. Sometimes you lose that version of you that felt sharp, wanted, alive. And if you don't pay attention — you start becoming just a role.

Page 3: What I Realized About Attraction

Attraction isn't built on asking for approval. It's built on how you show up. Presence. Energy. Direction. I realized I had slowly become... predictable. Available all the time. Safe in a way that had no edge. Not grounded. Not leading. Just... there.

Page 4: The Shift That Changed Things

I didn't start 'using techniques.' I just stopped abandoning myself. I started doing small things differently. Speaking a bit more directly. Holding eye contact a second longer. Not rushing to fill silence. Even joking again. Light teasing.

Page 5: Space, Respect, and Tension

Attraction needs space. Not distance like running away. But space where you're not constantly leaning in. I used to always be 'on'. Always available. Always reacting. There was no room for her to feel me.

Page 6: If You're Where I Was

If you feel like you're disappearing... I won't tell you to 'fix everything.' You don't need that right now. You need a little space. A little control. A little reminder that you're still in there. Start small. Take those 20 minutes.