

# Healing the Mother Wound

## Helpful Journal Prompts Guide



### When you were angry / scared / sad as a child, who did you turn to?

- Write down how they made you feel when you reached out
- Write down what you would have needed instead
- Reflect on who if anyone fills that need in your current life



### When you were happy or proud as a child, who did you share those feelings with?

- Did this person / people celebrate you? How you were received
- Were there any negative reactions when you achieved something you were proud of? From who?
- Does anyone in your current life react the same way?



### What part of yourself was silenced as a child?

- Describe this in whatever way feels comfortable.
- This could be personality traits, dreams, etc.



### What part of yourself as a child was acceptable to your caregiver?

- Think of this as, times or situations in which you were praised or rewarded in childhood
- Also write down personality traits or body features that were praised
- What is your relationship with those parts of yourself now?



### What do your inner children need to say to your mother?

- Write is as though you were speaking to her
- This could be things you want to say now or that you wanted to say to her when you were a child
- If this feels heavy energetically, go outside and burn the paper in a metal safe pan after writing. Blow ashes away to release.