



PART *worksheets* ONE

WHAT IT IS AND WHY IT MATTERS





WHAT IT IS AND WHY IT MATTERS

The mother wound is not about blame
– it is about awareness.

It describes the pain and patterns we inherit through our relationship with our mother: the silence, the expectations, the guilt, and the unspoken rules we carry into adulthood.

For many, these patterns show up as feeling “not enough,” struggling with boundaries, or silencing our own needs to protect others.

Though painful, recognizing the mother wound is the first step toward healing. By bringing what was unconscious into the light, we begin to break the cycle for ourselves and for future generations.

This part of the workbook will help you explore what the mother wound means to you personally and gently start uncovering where it may be showing up in your life.



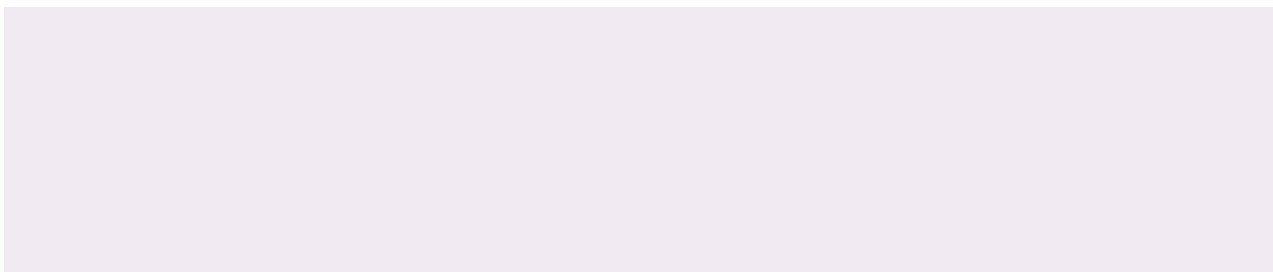
Take your time with these prompts. Write freely, without editing yourself. Even one word or sentence can hold meaning.

What feelings or images come to mind when you think of your mother?

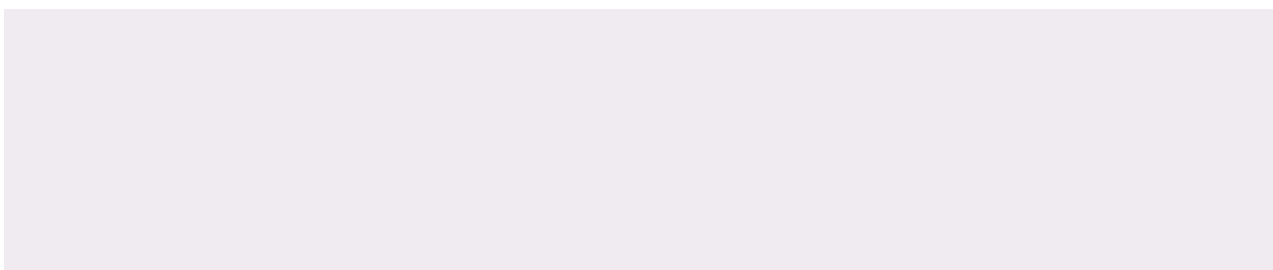
Growing up, what did you most want to receive from your mother?
(e.g. acceptance, encouragement, presence, freedom, love)

What ways do you still seek or wait for what you didn't get as a child?

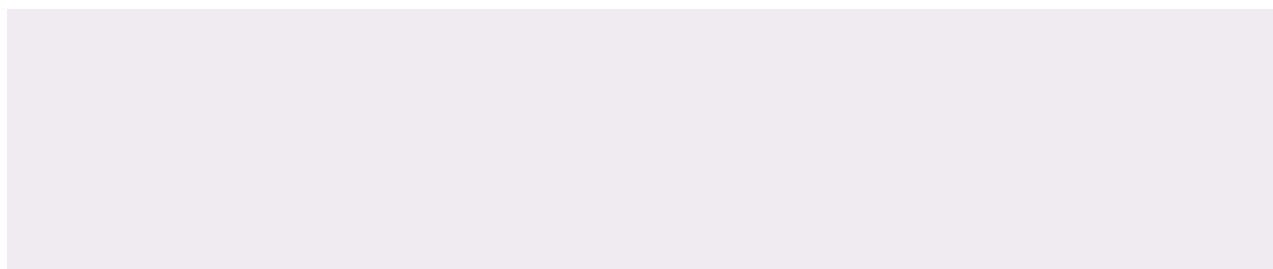
What role do you feel you take on in your family and how did/does it play out?



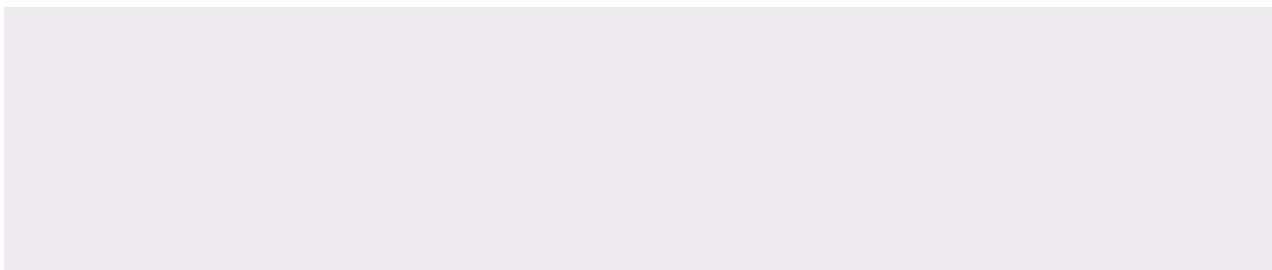
What unspoken “rules” about who you should be or how you should act did you learn in your family?



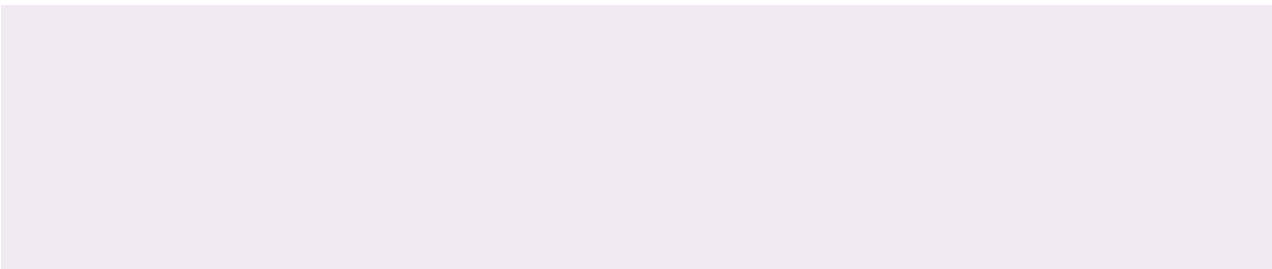
What ways do you protect your mother's feelings today, sometimes at the expense of your own?



Mapping the Messages – Write down 3 things you learned from your mother, and notice which ones serve you and which ones limit you.



Consider your family history - can you see a pattern anywhere else ?



WHICH BEHAVIOURS MAY BE LINKED TO THE MOTHER WOUND

Find out more ...

Simply score your self on a scale on 1-5 where 1 is 'no not me' and 5 is 'definitely me' and add up your scores

1. PEOPLE-PLEASING & OVER-GIVING



- I find it hard to say no, even when I'm tired or overwhelmed.
- I feel responsible for keeping everyone around me happy.
- I often put my needs last to avoid upsetting someone.
- I apologise or explain myself, even when I've done nothing wrong.
- I feel anxious or guilty if someone is upset with me.

2. SELF-CRITICISM & PERFECTIONISM



- I have a harsh inner voice that rarely lets me rest.
- I feel I must prove my worth through doing or achieving.
- I find it hard to celebrate myself or my successes.
- I fear making mistakes or being judged.
- "Good enough" rarely feels enough.

3. EMOTIONAL SUPPRESSION



- I struggle to identify or express my feelings.
- I often downplay my emotions ("I'm fine").
- I avoid conflict or deep conversations.
- I feel disconnected from my body or emotions when stressed.
- Other people's emotions make me uncomfortable.

4. FEAR OF ABANDONMENT OR REJECTION



- I worry people will leave if I show my true self.
- I feel uneasy or anxious when others pull away.
- I overthink texts, tone, or silence in relationships.
- I need reassurance that I'm loved or valued.
- I sometimes stay in relationships that don't feel good just to avoid being alone.

5. OVER-RESPONSIBILITY & CONTROL



- I often feel like it's my job to fix or rescue others.
- I struggle to trust others to handle things.
- I feel anxious if things are out of my control.
- I take on too much, then feel resentful or exhausted.
- I rarely ask for help or allow myself to rest.

1. PEOPLE-PLEASING & OVER-GIVING

If you scored high here: You may have learned that “love and safety depend on pleasing others.”

2. SELF-CRITICISM & PERFECTIONISM

If you scored high here: You might have internalised criticism or conditional approval, turning it inward.

3. EMOTIONAL SUPPRESSION

If you scored high here: You may have learned that emotions weren't safe to express or were met with withdrawal.

4. FEAR OF ABANDONMENT OR REJECTION

If you scored high here: You may be seeking the consistency or security you didn't receive as a child.

5. OVER-RESPONSIBILITY & CONTROL

If you scored high here: You may have taken on an adult role too soon — becoming the caretaker, peacekeeper, or stabiliser.

ON REFLECTION ...

Which pattern scored the highest?

Where do you feel this pattern show up in daily life?

What small act of self-care could soften this today?

(e.g. resting, saying no, speaking kindly to yourself, asking for support)



CLOSING PART ONE

Take a deep breath in through your nose and out through your mouth. Place your hand gently on your heart.

Say softly to yourself (out loud if you can):

“I honor what I have carried. I see what was missing. I am open to giving myself what I need.”

Close your eyes for a moment and imagine offering compassion to the child you once were. Picture wrapping them in a blanket of warmth and reassurance.

When you're ready, write down one sentence beginning with:

“Today, I choose to...” (for example: “Today, I choose to be kind to myself when I feel not enough.”)