Creating A Sense Of Self to Heal The Motherwound

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What is the Mother Wound?

The Motherwound is an emotional wound rooted in emotional neglect, abandonment, and/or misattunement from the maternal figure.

Misattunement - is the experience of a child not being seen or heard. For instance, if a child says “Mommy, my tummy hurts” and the parent responds with “You're fine, stop whining and crying” a child learns that when they speak up, they won't be taken seriously or believed. This could also cause a child to stop speaking up for themselves all together.

✨ The Motherwound can lead to people-pleasing, low self-worth, and self-abandonment
✨ Healing begins with reclaiming your sense of self

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Name Your Needs

“What do I need to feel safe, seen, and supported today?”

✨ Small daily check-ins
✨ Give yourself permission to need
✨ Practice meeting those needs lovingly

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Mirror Affirmations

“I am becoming who I was always meant to be.”

✨ Look into your own eyes each day
✨ Affirm your worth, truth, and presence
✨ Speak to yourself the way you needed your mother to

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Self-Identity Journaling

“Who am I outside of who I am for others?”

Journal prompts for self-discovery:

✨ **Who am I becoming?**
✨ **What do I love about me?**
✨ **What parts of me feel silenced?**

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Set Micro-Boundaries

Practice these simple boundaries to get you started:

✨ Say no to what drains you
✨ Log off when needed
✨ Speak your truth, even if your voice shakes

“Each boundary is a declaration of self-love.”

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Reparent Your Inner Child

Comfort yourself like a loving Mother would by trying these simple gestures to get you started:

✨ Kind words
✨ Gentle touches
✨ Play, creativity, and rest

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Choose Yourself Daily

Ask Yourself...

“What would it look like to choose me right now?”

✨ Honor that — even for 5 minutes
✨ Self-loyalty is the foundation of healing

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Connect to the Divine Mother/Gaia

✨ Tune into the universal feminine energy
✨ Feel held, nurtured, and seen
✨ Call her in during meditation, prayer, or stillness

“You are loved. You are whole. You are sacred.”

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FINAL MESSAGE

Healing the motherwound isn’t about blame — it’s about liberation.

It’s about returning to yourself, one breath, one truth, one boundary at a time.

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YOU ARE YOUR OWN SAFE SPACE NOW!

Nurture and love yourself. Treat yourself with respect and care about yourself always.

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ABOUT THE AUTHOR

Natasha Baylor Is a Stay-At-Home Wife out of Georgia who is passionate about helping others develop a healthy relationship with themselves and break free from the limiting mental, emotional, and spiritual patterns that have plagued humanity for lifetimes.

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