

Terri Cole



DO YOU HAVE
A MOTHER
WOUND?



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From a psychological perspective, a mother wound is any kind of psychological or emotional injury incurred because of a maternal impactor and sustained in this lifetime.

In this view, a mother wound is the result of mothers or maternal impactors who cannot and did not treat their child with unconditional love or compassion.

Leaving this primal injury untended can impact the way you feel about yourself, your relationships, and the way you show up in the world.

I created this guide to help you get more clarity around the truth of your experiences with your mother or maternal impactor and how they might still be impacting you today so you can begin to take steps to heal.



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Symptoms of a Mother Wound

The following is a list of the ways the mother wound might be showing up in your life today.

Put a check next to the behaviors that resonate most with you.

Do you feel like you'll never be good enough?

Do you struggle with perfectionism?

Do you have the Disease to Please?

Are you extremely self-critical?

Do you regularly feel guilty or ashamed?

Do you have low self-confidence?

Do you ever self-sabotage your success or happiness?

Do you feel worthy of love, attention, and affection?

Do you suffer from imposter syndrome?

Do you have a hard time setting boundaries?

Do you trust your own feelings and intuition?

Do you find it difficult to trust others?

What are your relationships like?

Are you insecure or clingy?

Aloof or avoidant?

Use your answers to better understand the emotional impact a mother wound may be having in your life and relationships.

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The more you understand, the easier it will be to effectively focus your time and attention in the right place. Remember: self-knowledge is the foundation for your healing and liberation.

Your Maternal Relationship

You don't have to have been raised by a biological mother to have sustained a mother wound. You will notice I use the term "maternal impactor" to describe the female adults that raised you. That could be a grandmother, foster mother, aunt, and even an older sibling.

The important part is not the biology, but the impact these relationships have on you. While in my experience, the mother wound usually presents in a mother/daughter dynamic, anyone can have a mother wound.

Take some time and space to think through or even journal about these questions about your relationship with your mother or maternal impactor:

- When you were growing up, what was your relationship like with your mother or maternal impactor?
- Were you worried about her disapproval or that she would be highly critical of you?
- Was your maternal impactor present and available to you, both physically and emotionally?
- Did she show you empathy and compassion?
- Were you "parent-ified" as a child and expected to provide your mother with support and care (instead of the other way around?)
- Was there addiction, abuse, or neglect present in your childhood?
- Was there any unprocessed trauma handed down to you by your maternal impactor?
- Was there any untreated mental illness?

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Remember: This isn't about blaming your mother or judging her for what she did or did not give you.

The beginning of the healing process is raising your awareness. If any of these experiences resonate with you, it is so important to take steps to process and heal because there is a cost to not doing this work.

If you're ready to take the next step and want more guidance through this process, I've created a course, Understand and Transform Your Mother Wound.

Inside, you'll find a sacred, safe container so you can do the work and get the support, strategies, and expert guidance from moi so you can lovingly tend to yourself and heal.

**Here's where you can get all the information about the
Understand and Transform Your Mother Wound course!**





Terri Cole is a licensed psychotherapist and global leading expert in female empowerment. For two decades, Terri has worked with some of the world's most well known personalities from international pop stars to Fortune 500 CEOs. Terri has a gift for making complex psychological concepts accessible, and then actionable so that clients and students achieve sustainable change i.e. true transformation. She empowers over 250,000 people weekly through her blog, social media platform, signature courses, *Real Love Revolution™* and *Boundary Bootcamp™* + her popular podcast, *The Terri Cole Show*. She is also the author of *Boundary Boss - The Essential Guide to Talk True, Be Seen and (Finally) Live Free* (April 2021).

with love Terri

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