

IDENTITY  
REDISCOVERY  
IN MOTHERHOOD:



A JOURNAL

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# Hey there mama

There is so much of this time in our lives - the journey toward and through motherhood - that goes without acknowledgement, without processing and without appreciation. We often experience radical changes in almost every aspect of our lives - relationships, lifestyle, careers, interests, values, hobbies, role and place in the world.

This can lead to a sense of 'loss of self'.

This journal provides some of my most favourite questions to explore in the therapy space, in my online programs with mothers - to really put language around our experiences, give ourselves the compassion and love we deserve, and start to tune back in to YOU, creating a motherhood designed by and for YOU, and your unique and incredible family.

Whilst this guide is just the tip of the iceberg, it leads towards an authentic motherhood, from the centre of you, beyond the mousewheel of BUSYness and constant to-do lists, and toward a deeper meaning, greater joy, and deeper connections with your littles.



## ABOUT ME

I'm a psychologist and educator of over a decade, a mama of 2 vivacious boys, and the founder of The Nurtured Mother Collective.

I believe that as mothers we all deserve nurturing alongside our children. I know that many mothers are terrified that they aren't making the most of their time with their children while they're little; and that the impacts of our experiences of pregnancy and birth, our own childhood stories and blueprints, the social pressures, burnout and perfectionism we face can all be barriers to our own personal joy, and our deep connection with our children.

# Becoming You ... Again

The hard truth is *the more you clutch at the 'you' of before*, the more you cling to her and wish her back just as she was, the less you lean in to the present moment in all its challenge and beauty - the less *true joy, deep connection and peace* you experience.

The more we practice giving language to these big, often radical transformations, and naming the social expectations, rules and 'shoulds' we experience without even knowing it, the more we open ourselves up to deep self connection, and freedom from within.

Some of the pieces of 'you' the maiden (as opposed to 'you' the mother) may still be held within you, lying dormant. Yet many of the parts of the 'maiden' version of yourself have changed forever, and that often brings grief. This is not a curse. If you feel lost right now, you will not always feel this way.

In many ways, having a child necessitates a focus on another, away from the self - this is needed in order to attune to our child/ren.

But motherhood also can be a catalyst for our own rebirth, with new ways of looking at the world, healing from our old patterns and breaking free from toxic conditioning.

I'm here alongside you as you explore these ideas, and I hope this plants a seed for you to be with yourself, comforting and not judging, curiously exploring and giving space to the complexities that come with ALL. THE. FEELINGS. in mothering.

With warmth and compassion,

Emma

# JOURNAL PROMPTS

Who were you before you became a mother? What were you spending your time doing? Where did you find joy and creativity?

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Like 'adolescence' is for teenagers, motherhood can bring about a '*matresence*' for mothers - a huge identity and life shift which is often physical, hormonal, emotional and relational. We re-orient from a complete focus on our babies, necessary for attachment & survival known as the '*primary maternal pre-occupation*', to an integration of ourselves in the world as a new self.

**What have you forgotten to grieve?** In the transitions that have taken place in this season? Give voice to 'hidden' losses here.

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# JOURNAL PROMPTS

What has been your **biggest shock** in motherhood ? **How is this version of motherhood different to the one you envisioned**, before becoming a mother?

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What are your **values**? What **matters most** at the moment to you, **deep down in your heart**? (Expanded later in the guide)

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What are your **goals and desires**? Be still with a breath and ask yourself really, truly, deeply '**What do I WANT?**' (You might like to imagine what an ideal day, ideal hour or ideal 5 minutes looks like for you in the life you're living right now?)

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# JOURNAL PROMPTS

**What do you NEED?** Have you been afforded your basic needs for sleep, food nourishment, water, movement? Is there any way you can be supported in accessing them?

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Take another look at your WANTS - how much of your WANTS come from what someone else told you to want, what your parents/friends/partner expected of you, what your work expects of you, **or what society expects of you?** Are there any parts of this vision that you can cross off because they're actually not your values but someone else's?

**How has your particular culture (society, advertising, schools, movies, friends, family, institutions) held up ideals for you to strive towards?**

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## NEXT STEPS

I hope you've found something nourishing within these pages.

If you're feeling distressed and needing some more help, please reach out to your GP, or call Lifeline 131114, PANDA 1300726306 or call 000 in an emergency.



If you'd like to do more soul searching, have space held for you as you navigate your own matresence (which I believe goes on and on and on long after our babies are grown), and to heal from your own inherited patterns and conditioning, come and work with me in recreating the lost 'village', coming in to connection to shed the shoulds and build authentic, burnout-free mothering.

To find the ways I'm currently available to work with you, click below.

[WORK WITH ME](#)