A MOTHER MAYHEM JOURNAL EXERCISE:

FROM SELF-DOUBT TO SELF-LOVE

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Hey, It's Heather. Nice to connect with you here, too.

Podcasts can be a great way to be exposed to new ideas and new information. You can be informed, connected, and validated when someone explains your situation in a new way.

After all, if someone else is talking about it, you're not the only one going through it. It's not just you.

The problem isn't just yours. It's shared. I hope my show always offers you this safe space to see that how you have experienced your mom and how it impacts you in your present day is totally normal.

However, I don't just want to offer understanding and help you feel validated. I also want to help you implement the tools I am teaching and that can be hard to do just listening to the show.

After all, you might be listening while driving, doing chores, or taking a walk. It's hard to make note of things.

In Episode 3, From Self-Doubt to Self Love, I broke down 7 key components involved in your relationship with yourself.

It was my hope that by breaking them down, you would be encouraged to do a self-examination for yourself about how you are feeling about yourself these days and how connected you are to yourself.

A main goal for this show and for narcissistic abuse recovery is to help you have a better relationship with yourself.

I hope that I am helping you start the process with these prompts.

I'd love to know what you think or any insights you've gained. You can share with me: Heather@DaughtersNPD.com or over on IG: @DaughtersNPD.

In it with you,

Heather

IMPROVING YOUR RELATIONSHIP WITH YOURSELF

- **SELF AWARENESS**
  - Body, Mind, Soul, Experience
- **SELF COMPASSION**
- **SELF TALK**
- **SELF REFLECTION**
  - Goal Setting
- **SELF ACCEPTANCE**
- **SELF PROTECTION**
- **SELF CARE**

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SELF AWARENESS

Prompts for Reflection

HOW ARE YOU? WHAT IS YOUR MOST TRUTHFUL ANSWER TO THIS QUESTION?

WHO ARE YOU?

HOW DO YOU MOVE THROUGH THE WORLD?

WHAT ARE YOUR PREFERENCES?

WHAT SETS YOU UP FOR SUCCESS?

HOW OFTEN DO YOU ALLOW YOURSELF THE THINGS YOU NEED FOR SUCCESS?

IF JUST ONE THING IN YOUR LIFE COULD BE PERMANENTLY BETTER, WHAT WOULD YOU CHOOSE?

HOW DOES IT FEEL IN YOUR BODY RIGHT NOW?

WHAT'S ON YOUR MIND?

WHAT'S ON THE LIST OF THINGS YOU'RE CARRYING?

WHAT MAKES YOU HAPPY?

WHAT MAKES YOU MAD, SAD, OR SCARED?

WHAT IS THE HARDEST THING ABOUT BEING YOU?

WHAT IS SOMETHING ABOUT YOU THAT FEW, IF ANY, KNOW ABOUT YOU?

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SELF COMPASSION

Prompts for Reflection

WHAT ARE THINGS THAT YOU KNOW TO BE TRUE ABOUT YOURSELF AND THAT YOU UNDERSTAND?

WHEN YOU THINK ABOUT YOURSELF AS A LITTLE GIRL AND YOUR CHILDHOOD, WHAT COMES TO MIND?

WHAT DO YOU REMEMBER ABOUT HOW LIFE WAS LIKE AND THE THINGS YOU FELT?

WHAT WERE SOME OF YOUR UNMET NEEDS?

DID YOU FEEL LOVE? ACCEPTANCE?

DID YOU HAVE ANY CLOSE RELATIONSHIPS WITH ADULTS? HOW OFTEN DID YOU GET TO SEE SAFE ADULTS?

THINK OF YOURSELF AS A 7 YEAR OLD GIRL? WHAT WAS HARD FOR HER? WHAT WAS HOME LIFE LIKE?

WHAT SECRETS DID YOU HOLD? DID ANYONE KNOW THEM?

WAS THERE ANYWHERE YOU COULD GO TO FOR HELP?

THINK ABOUT ALL YOU HAVE WRITTEN AND ALL YOUR YOUNGER SELF HAS SURVIVED. WRITE HER A LETTER AND TELL HER HOW YOU FEEL ABOUT HER, WHAT SHE DESERVED, AND WHAT YOU WISH SHE HAD.

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SELF TALK

Prompts for Reflection

HOW DO YOU TALK TO YOURSELF THESE DAYS?

WHAT DOES YOUR TYPICAL DIALOGUE TO AND ABOUT YOURSELF SOUND LIKE?

HOW WOULD IT FEEL IF YOU KNEW YOUR 7 YEAR OLD SELF WAS SPOKEN TO IN THAT WAY?

WHEN YOU'RE TALKING TO YOURSELF, WHOSE VOICE DO YOU HEAR? IS IT YOURS? YOUR MOTHER'S?

HOW DOES YOUR INNER DIALOGUE IMPACT YOUR BEHAVIOR AND THE CHOICES YOU MAKE TODAY?

WHAT TONE DO YOUR CONVERSATIONS WITH YOURSELF TAKE ON? ARE YOU ANXIOUS? PROTECTIVE AND GUARDED? CRITICAL?

HOW MUCH DO YOU THINK THE WAY YOU TALK TO YOURSELF AFFECTS YOUR MOOD OR HOW YOU MOVE THROUGH YOUR DAYS?

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SELF REFLECTION

Prompts for Reflection

HOW'S IT GOING FOR YOU THESE DAYS? HOW ARE YOU DOING? WHAT'S WORKING? WHAT ISN'T?

WHEN YOU THINK ABOUT YOURSELF AND WHERE YOU ARE AT, HOW DO YOU FEEL?

WHAT ARE THINGS ABOUT YOURSELF THAT YOU WANT TO KEEP AND BECOME EVEN MORE OF?

WHAT DO YOU LIKE MOST ABOUT YOURSELF?

WHAT MIGHT NEED TO CHANGE? WHEN YOU THINK ABOUT THIS THING YOU WANT TO CHANGE NOW, WAS THERE EVER A TIME WHEN THIS BEHAVIOR SERVED YOU WELL?

WHEN IT COMES TO GOAL SETTING, HOW HAVE YOU BEEN WITH IT IN THE PAST?

WHEN HAVE YOU BEEN MOST SUCCESSFUL IN SETTING A GOAL AND FOLLOWING THROUGH WITH IT? WHAT WORKED? WHAT DID YOU NEED TO BE SET UP FOR SUCCESS WITH IT?

WHAT'S THAT GOAL FOR YOURSELF? HOW WILL YOU KNOW YOU HAVE ACHIEVED IT?

WHO DO YOU NEED TO BE AND HOW DO YOU NEED TO MOVE THROUGH THE WORLD DIFFERENTLY IN ORDER TO ACHIEVE THAT GOAL?

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SELF ACCEPTANCE

Prompts for Reflection

WHAT ARE SOME THINGS ABOUT YOU AND ABOUT HOW YOU MOVE THROUGH THE WORLD THAT ARE SIMPLY TRUE?

WHAT IS THE STORY YOU HAVE ABOUT THESE THINGS?

CAN YOU SEE HOW THESE THINGS HAVE BENEFITTED YOU IN SOME WAY?

DO YOU HAVE SOME UNDERSTANDING AND COMPASSION FOR HOW YOU HAVE COME TO BE THIS WAY?

WHEN YOU THINK OF THAT 7 YEAR OLD GIRL, DO YOU LIKE THESE THINGS FOR HER?

WHAT MIGHT SHE NEED TO LEARN IN ORDER TO BE PROTECTED FROM THE HARD PARTS OF THESE THINGS ABOUT YOU?

HOW MIGHT THESE PARTS OF YOU BENEFIT HER AS SHE GROWS UP?

HOW MIGHT YOUR NARRATIVE NEED TO CHANGE ABOUT THESE THINGS SO YOU THEY CAN BETTER SERVE YOU?

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SELF PROTECTION

Prompts for Reflection

HOW EMOTIONALLY SAFE DO YOU FEEL IN YOUR SKIN THESE DAYS?

HOW OFTEN DO YOU FIND YOURSELF IN FIGHT,FLIGHT, OR FREEZE?

HOW EMOTIONALLY SAFE DO YOU FEEL WITHIN YOUR CLOSE RELATIONSHIPS? DO YOU FEEL TAKEN CARE OF? SEEN? RESPECTED?

WHO HAS YOU FEELING VULNERABLE? WHO DOESN'T RESPECT YOU OR YOUR NEEDS? WHAT SAFEGUARDS ARE IN PLACE TO PROTECT YOU? DO YOU NEED MORE?

MANY WOMEN WILL LIKELY BE COMING TO THIS CONVERSATION TO LEARN ABOUT SETTING BETTER BOUNDARIES. WHERE DO YOU CURRENTLY FIND YOURSELF IN THIS CONVERSATION?

HAVE YOU BEEN SUCCESSFUL IN SETTING BOUNDARIES BEFORE?

HOW CONSISTENT ARE YOU IN ADDRESSING WHEN YOUR BOUNDARIES HAVE BEEN CROSSED?

IF YOU'RE GETTING READY TO SET SOME NEW BOUNDARIES, WHO CAN HELP YOU WITH THIS?

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SELF CARE

Prompts for Reflection

DO YOU CURRENTLY HAVE SELF CARE PRACTICES THAT YOU PARTICULARLY ENJOY? HOW REGULARLY DO YOU GET TO DO THEM?

WHAT GETS IN THE WAY OF REGULARLY PRIORITIZING SELF CARE? WHAT ARE YOUR OBSTACLES, REAL OR IMAGINED?

WHAT DO YOU THINK ABOUT SELF CARE?

DO YOU HAVE ACCESS TO SELF CARE "QUICK HITS"? THINGS YOU CAN QUICKLY ACCESS WHEN YOU ARE SHORT ON TIME, MONEY, OR ENERGY?

HOW MUCH DO YOU PRESERVE YOUR ENERGY?

HOW MUCH DOES THE ENERGY OF THOSE AROUND YOU AFFECT YOUR MOOD?

TAKE OUT YOUR CALENDAR. THINK OF YOUR TOP 3 FAVORITE WAYS TO TAKE CARE OF YOURSELF. SCHEDULE THEM INTO YOUR CALENDAR WITHIN THE NEXT 14 DAYS, AS IF THEY WERE PEOPLE. IF YOU CANCEL, RESCHEDULE AS IF IT WERE A PERSON.

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