

## **How To Heal Your Mother Wound**

### **QUESTION:**

Why does my mother's love, absence, or criticism still affect me so deeply? How do I begin to heal from it?

### **ANSWER:**

The mother wound is not just about one relationship – it's about the blueprint it gives you for womanhood, safety, love, and self-worth. When the person meant to nurture you becomes the one who wounds you - through neglect, criticism, emotional absence, or lack of boundaries - the pain settles into the core of your identity.

Healing the mother wound is not about either blaming or excusing your mother for what she did or didn't do; it's about finally giving yourself the mothering you needed so you can stop living as the little girl who longs for it.

Here's how to start the healing process:

### **1. Name the Mother You Needed vs. the Mother You Had**

The first step in healing our mother wound is reconciling the void between the mother we needed and the mother we had. As women, when our mother doesn't model self-care, resilience, and loving authority, we grow up lost and confused with blurred boundaries. We stumble through life seeking a safe centre (in all the wrong places) to anchor

ourselves to. We wish we'd had the mother we needed, the one who would've protected us, adored us, guided us with wisdom, and showered us with unconditional love. But the mother we had somehow made us feel unlovable and unwanted. She may have been caring but lacked warmth, leaving us with doubts about our lovability. She may have been kind but lacked the ability to be emotionally supportive, leaving us to question whether it's safe to express our feelings and ask for help. These mothers unwittingly raised daughters who struggle with a mother wound.

Then there are the mothers who intentionally undermined, rejected, and bullied their daughters. They caused deep, psychological, unspeakably harmful wounds. We have tried, oh how we've tried, to gain their love and approval but for them our pain is unheard and unseen; their silence is their weapon of choice. For these mothers, forgiveness and compassion feels a million miles away.

When you see the differences between the **mother you needed** and **the mother you had** written down, side by side, you can see clearly how you can now meet your mothering needs.

Despite what your mother did or didn't do, you still own your gifts, talents, and potential. You hold the key to your

success despite what she took from you. You are still all the unmothered versions of yourself you've ever been - the baby, child, teenager, young adult....all looking to the woman who should have guided and protected. Be that woman now. Be your own mother.

## **2. Understand the Inheritance of Wounds**

Most mothers carry their own unhealed wounds from their mothers before them. This doesn't excuse harmful behaviour, but it gives context. The cycle of absence, criticism, emotional repression, or control often runs through generations like an invisible thread. When you see your mother not just as 'mother' but as a woman shaped by her own pain, you create space for compassion without erasing accountability. This perspective allows you to choose differently – to become the woman who ends the cycle, not the one who repeats it.

## **3. Acknowledge the Messages You Inherited**

The mother wound often speaks through all the rules and labels you absorbed without questioning them. 'Don't be too loud', 'be pretty not powerful,' 'your worth is in what you do for others', 'good girls don't need boundaries.' These messages will shape your identity until you challenge them and change them. Healing means catching those inherited beliefs in real time and asking, is

this mine, or hers? Every time you reject a limiting belief, you're rewriting your script and reclaiming your life as your own.

#### **4. Re-Mother the Girl Within**

The girl who longed for her mother's love still lives within you. She's the one who feels the sting when you're rejected, the one who still hopes someone will come and soothe her. She needs you now. Re-mothering means showing up for her daily with consistency, kindness, and protection - everything she never got. Speak to her out loud, 'I see you; I will protect you now, I will not abandon you like she did.' This practice slowly rewires your nervous system, so you feel safe caring for yourself, prioritising your needs, and feeling at ease with your newfound self-esteem.

#### **5. Release the Role of Emotional Caretaker**

Many women with a mother wound were trained to meet **their mother's emotional needs** before or instead of meeting their own. You may have been her confidante, mediator, or emotional crutch – roles far beyond the requirement of a daughter at any age but particularly damaging in your younger years. If she didn't directly ask for your support, you may have observed her in situations where you felt naturally inclined to protect her. Healing

requires stepping out of that caretaker role, even if it causes discomfort or guilt. Your job was never to fix your mother's pain. Your only job now is to live fully, without *making your success and freedom a betrayal of her*. Sometimes, whether your mother is in your life or not, the consequences of that betrayal can feel paralyzing.

## **6. Become the Woman You Needed**

This step in your healing requires you to become the woman you once needed as your mother. She is strong but soft, honest but kind, firm in boundaries yet open in compassion and care. She does not dim her light to be accepted. She does not apologise for needing rest, joy, or truth. When you embody her, you give yourself the role model you were missing, and you pass down a different legacy to every woman who knows you.

### **Affirmation:**

I give myself the love, protection, and guidance I once longed for.

### **Journal Prompts:**

1. Who was my real mother, and who was the mother I needed her to be?
2. What generational wounds can I see in my mother's story that also appear in mine?

3. What unspoken rules or labels from my mother still shape my choices today?
4. How can I begin to re-mother my inner child in ways she can trust?
5. What would it look like to fully step out of the caretaker role I have with my mother whether she's in my life or not?

**Visualisation:**

Imagine the little girl you once were, sitting alone. She looks up as you walk toward her. You kneel, take her hands, and tell her, 'I'm here now, you're safe, I will not leave you'. Imagine wrapping her in a warm, soft blanket and holding her until she relaxes against you. Then together walk into a beautiful, light-filled room, a space that belongs entirely to you. This is your home now. Neither of you will ever be alone again.

**Conclusion:**

Your mother wound may have shaped you, but it does not define you. You can hold the truth of what you lost and still give yourself everything you deserve. Healing is not about rewriting the past but about reclaiming the present so you're no longer searching for the love and approval that was missing.

**Final Thought:**

You are not who your mother told you to be. You are who you choose to become.