



WHAT WOULD YOU SAY TO A FRIEND?

We've spent a little time identifying pesky thoughts that come up in our lives as mothers. What are some of your unhelpful thoughts or shoulds?

Common examples:

- *I should have known better than to...*
- *I should have prepared better.*
- *I should have known that would happen.*
- *I'm not a very good mom because....*
- *I've disappointed my family by...*
- *I can't do this all.*
- *I can't handle this.*

List out some of yours here. It's not fun to do this. I know that. And I'm sorry. But recognizing these pesky thoughts is the first step to taking away some of their power over us!

A large, empty rectangular box with a light beige background, intended for writing out personal examples of unhelpful thoughts or "shoulds".

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Your mind says those unhelpful things to you. How do you respond? A lot of the time we believe these things, whether they are always true or not. We believe them and let them control our actions whether they are helpful or not. Why do we do that?! Because we are human.

Thankfully, we are here learning to be more mindful, to use self-compassion and to change our relationship with these unhelpful thoughts so we can enjoy our motherhood journeys more.

If a good friend said out loud to you any of those sentences on the last page, what would you say? Would you agree and say: “Yep- you are a terrible mom. Good luck with that”? I hope not!! So let’s stop treating ourselves the same way.

What are some more appropriate responses you would say to a friend who voices these “shoulds” and unhelpful thoughts out loud to you?

Choose just one of these you listed and circle it. Write it on a post it note. Save it in your phone. Make a cute/ pretty visual of it as a reminder.

Now USE this phrase! Say it (out loud when possible) to yourself when those pesky thoughts come up next time.