

# Mother Wounds Journaling Prompts

Use the following journaling prompts to help you uncover mother wounds and heal them.

1. Imagine your mother standing in front of you. How does that make you feel? How do you want to feel instead?

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2. What unspoken rules do you have with your mother that you didn't realize?

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5. What did you need from your mother that you did not get?

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6. What negative thoughts or beliefs do you have about your needs and wants? Are they your own thoughts, or her thoughts?

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Find more worksheets to help you **Heal Mother Wounds** by clicking

[HERE](https://payhip.com/b/7kTVD) or visiting: <https://payhip.com/b/7kTVD>