

# YOUR MOTHER AND MOTHER FIGURES

A workbook to explore your relationship with  
your mother and mother figures

MELINDA CATES | I MAKE A DIFFERENCE



EXPLORATION PROMPTS

# Exploration Of...

## YOUR RELATIONSHIP WITH YOUR MOTHER AND MOTHER FIGURES

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# Exploration Of...

## YOUR RELATIONSHIP WITH YOUR MOTHER AND MOTHER FIGURES

This workbook has been created to guide you to explore your relationship with your mother, and mother figures in (from) your life.

Your mother may have passed away, separated from you, or other circumstances may have arisen that led to the absence of a direct relationship with your mother. However, it's important to acknowledge that you still maintain a relationship with your mother and mother figure, which exists within your memories, thoughts, emotions, and feelings about them and the connection you shared

The intention of this workbook is for you to identify and acknowledge the experiences and gains you had from your relationship with your mother and mother figures, regardless of their quantity. By recognizing the gifts you received, you can gain a deeper understanding of the purpose and value that the relationship holds

It is also to help you identify any areas within yourself and your mother (or mother figure) that you have not fully accepted, which may require healing and your attention, should you choose to pursue personal growth and inner peace.

Please allow yourself time to process, self-reflect, and for processing. Be gentle with yourself and honor your feelings as you explore your relationship. If your mother and mother figures are currently present in your life, it's important to be mindful of only sharing with them after you have fully processed your own emotions and feelings. Only consider sharing if your intuition strongly guides you to do so and there is value in it for both of you.

Honor where your mother and mother figures are at, and their process. They may not be ready or even open to exploring what you have to share.

Respect them and yourself, this is your process and what you can do differently.



# Prompts For Your Exploration Of...

## YOUR RELATIONSHIP WITH YOUR MOTHER AND MOTHER FIGURES

- 1 Describe what your relationship was (is) like with your mother.
- 2 How did (do) you feel about your mother?
- 3 What was (is) it that you liked about your mother?
- 4 What was (is) it that you did not like about your mother?
- 5 What was (is) it that you valued about your mother?
- 6 How has your relationship with your mother influenced and impacted you?
- 7 Have you looked to others for what you believe your mother did not give you? And if you have then what did you look to them for?
- 8 The people who have been a mother figure to you, what was your relationship like with them and why?

# Exploration Of...

## YOUR RELATIONSHIP WITH YOUR MOTHER AND MOTHER FIGURES

- 9 What was (is) it you see, hear, and feel about your mother that you see, hear, and feel in you?
- 10 What are some of the things about your mother, that you are not accepting:
- In her
  - In yourself
  - Or do not accept in others
- 11 What was (is) your mother and mother figures' role in your life?
- 12 From what you have discovered from the above questions, what are the areas you have identified for yourself, where you can heal, learn, grow, and value:
- In your relationship with your mother
  - In how you see, hear, and feel about your mother
  - In yourself
- 13 What do you, can you and will you celebrate about your mother and her purpose in your life?