

## Do I Have a Mother Wound?

*15-Point Self-Check to See How Your Relationship with Your Mother May Still Be Affecting You*

✓ Check off each statement that feels true for you:

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- 1. I often speak to myself with harshness, not compassion.**
- 2. I feel guilty for asking for help or expressing my emotional needs.*
- 3. I overgive in relationships but feel uncomfortable receiving love or care.*
- 4. I struggle with setting boundaries and fear being seen as selfish.*
- 5. I carry unspoken anger, guilt, or sadness toward my mother.*
- 6. I feel responsible for others' emotions or wellbeing.*
- 7. I fear becoming like my mother — or feel I'll never live up to her.*
- 8. I downplay my achievements and rarely feel good enough.*
- 9. I disconnect from or suppress emotions like sadness, softness, or desire.*
- 10. I find it hard to nurture or soothe myself when I'm in pain.*
- 11. I associate being a woman, wife, or mother with loss of freedom or self.*
- 12. I judge or envy women who are emotionally expressive or confident.*
- 13. I internalized messages like "don't be dramatic" or "stay strong."*

14. *I crave emotional support but find it hard to trust or receive it.*

15. *A part of me still longs for the nurturing I didn't fully receive from my mother.*

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## **What Your Results May Reveal:**

### **✓ 0–5 Yes**

You may carry mild traces of a mother wound — worth exploring gently to deepen your self-connection.

### **✓ 6–10 Yes**

You likely carry emotional patterns from your mother relationship that affect your self-worth, boundaries, or feminine expression.

### **✓ 11–15 Yes**

This may point to a deep mother wound impacting how you relate to yourself, receive love, or express your feminine energy. Healing this can be profoundly liberating.