

# After the Storm: A Journal for Mothers Who Want to Repair

By Mina Todorova

*You are not failing. You are re-learning love.*

This journal is for the moments after:

After you yelled. After your child cried. After shame crept in and whispered, “*You’re becoming her.*”

You are not alone—and you are not your mother.

This journal invites you into *truthful compassion*: seeing what happened, holding space for both of you, and slowly growing new ways of relating.

You can return to this after a hard moment, or as a weekly practice.

## 1. What just happened?

Describe the moment of rupture.

What did you say or do?

What did your child do or say?

What did you notice in your body?

*(Ex: "She kept whining after I said no. I yelled and said she was being ridiculous. She cried. My chest felt tight. I felt hot and out of control.")*

---

## 2. What part of you took over?

If you could name or describe the version of you that reacted, what would she be like?

*(Ex: "The part that hates feeling powerless. She gets mean, sharp, sarcastic. She's terrified of being ignored or manipulated.")*

Optional IFS prompts:

- What is this part afraid of?
- How old does this part feel?
- When did she first learn to react this way?

### **3. What does your child need right now?**

Shift focus gently. What might your child be feeling in this moment?

*(Ex: "Scared. Rejected. Confused. Like she did something wrong by having a feeling.")*

What can you offer now that would help her feel safe and seen?

---

### **4. What can *you* offer yourself right now?**

Speak to yourself with tenderness. Try this prompt:

"You were trying to..."

"That makes sense because..."

"Next time, you could try..."

"I still love you even when..."

"I see how hard you're trying..."

## 5. Rehearsing the repair

Write out what you *wish* you had said or done. Imagine going back—not to punish yourself, but to *practice choosing love*.

(Ex: “I wish I had said, ‘I need a moment to breathe. I’ll talk when I’m calmer.’ Or just picked her up gently.”)

Now imagine saying to your child:

“I’m sorry for \_\_\_\_\_. I see that you felt \_\_\_\_\_. I love you, and I want to understand better next time.”

---

## 6. Reparenting the part of you who reacted

Close your eyes. Imagine the *little you* who didn’t get comfort when she was overwhelmed. Say to her:

“I see how alone you felt when no one cared how scared you were.  
Now I’m here. You don’t have to scream to be heard.  
You don’t have to control to be safe.  
You’re allowed to soften.”

## 7. Gratitude + Growth

What did you learn from this moment?

What feels possible now that didn't before?

Even the hardest moments carry seeds of healing. What seed might this one hold?

---

### Optional Daily Affirmation:

"I am a growing mother, not a perfect one.

I am allowed to begin again.

My love and my healing both shape my child's world."

---