# Rediscovering Yourself Through Motherhood

## A Guided Journal for the Dark Night of the Soul

Motherhood is a profound transformation that reshapes your identity and your inner world. This journal is here to gently guide you through the challenging, confusing, and sometimes painful feelings that arise — helping you rediscover and reclaim yourself with compassion and care.

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### How to Use This Journal

- Find a quiet moment each day or week to write.
- Be honest and gentle with yourself—there are no right or wrong answers here.
- Allow your feelings to come as they are, without judgment.
- Use the prompts as starting points; feel free to write as much or as little as you need.

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# Connecting with Your Pre-Motherhood Self

**Write a Letter to Your Pre-Motherhood Self**

Imagine writing to the woman you were before becoming a mother. What would you say? What do you want her to know about the journey ahead?

- What parts of you do you remember most clearly?
- What dreams, hopes, or fears did you hold?
- How would you comfort or encourage her now?

# Acknowledging Loss and Change

**What Have You Lost?**

Motherhood often means saying goodbye to parts of yourself.

- What do you feel you have lost or left behind?

- What feelings come up when you think about these losses?

- How have these changes impacted your sense of identity?

**What Parts of You Are Changing?**

Change is not loss alone—it is transformation.

- What new qualities or strengths are emerging?

- What are you learning about yourself through motherhood?

- How might these changes be a gift, even if they feel difficult now?

# Honoring Your Needs

**Reflect on Your Childhood Needs**

Think back to your childhood:

- What did you crave most as a child (love, safety, freedom, gentleness)?

- Did you receive those needs? If not, how did that affect you?

- How can you nurture these needs in your life today?

**Create Your “No Longer List”**

What will you no longer tolerate or allow in your life to protect your well-being?

- Examples: "I will no longer apologize for needing rest."
- List at least 5 things you want to release or set boundaries around.

# Regulating and Restoring

**Grounding and Self-Soothing Reflection**

*Exercise:*

- Place a hand over your heart.
- Breathe in for 4 seconds, hold for 4, exhale for 6 seconds.
- Whisper quietly: “I am safe. I am allowed to rest.”
- Repeat 3 times.

**Reflection Questions:**

- What sensations did you notice? How did your body or mood shift?

- What does it feel like to offer yourself permission to rest?

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# Daily Micro-Restoration Practices

**Identify Your Tiny Acts of Self-Care**

Even small moments can help restore your balance. Reflect on these ideas or add your own:

- Inhale a familiar, comforting scent (lavender, citrus, etc.)
- Enjoy your tea or coffee while it’s still warm
- Reclaim a 5-minute ritual just for you (reading, stretching, journaling)

**Journal:**

- Which of these do you want to try?

- How will you remind yourself to take these moments daily?

# Closing Reflection

**Letter from Your Future Self**

Write a letter from the perspective of your future self—someone who has journeyed through motherhood's challenges and come out whole and strong. What wisdom, love, or encouragement would she offer you now?

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## You Are Becoming

Motherhood may feel like losing yourself—but it is also the beginning of becoming someone new and deeply whole. Keep returning to this journal whenever you need to find your way back to yourself.

Warmly,

Mina

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