



REMAINING YOU WHILE RAISING THEM

The Secret Art of Confident Motherhood

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Remaining You While Raising Them

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CHAPTER 1

Modern Motherhood Is Broken, and It's Breaking Us



Journal and Discussion

- ♥ What parts of motherhood have you experienced as a both/and challenge?
- ♥ Which of the mom-guilt triggers resonate with you?
- ♥ How has social media triggered you?
- ♥ Have you experienced a deep worry that you are getting mothering wrong?

CHAPTER 2

If Mama Ain't Happy





**EMOTIONAL HEALTH
IS A COMBINATION
OF SPIRITUAL,
MENTAL, AND
RELATIONAL HEALTH.**





**A MOTHER'S
EMOTIONAL HEALTH
IS THE MOST
IMPORTANT LEGACY
SHE CAN GIVE
HER CHILDREN.**



Journal and Discussion

- ♥ Have you ever thought about how important it is to invest in your emotional health?
- ♥ How does it feel to think about “mothering yourself”?
- ♥ How good are you at letting go of control and knowing God is in charge of your children's lives and futures? Are there certain aspects that are easier than others?

CHAPTER 3

Your Mom Superpower



The Five Mom Superpowers



AlliWorthington.com/momsuperpower

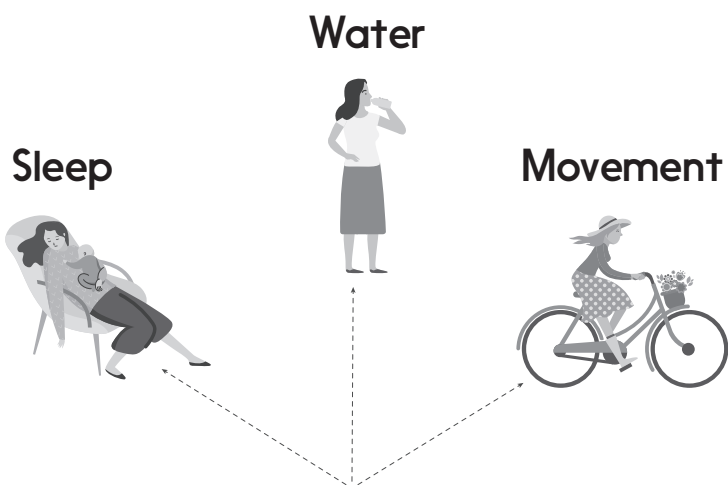
Journal and Discussion

- ♥ When you zoom out, away from the day-to-day feelings of failure, what mothering wins do you see? What shining moments of magic have happened?
- ♥ How did you feel when you read that we have to get things right only 50 percent of the time?
- ♥ Ask one of your kids what they love most about you. Did their answer surprise you? Why or why not?
- ♥ Now ask them what they remember as “magical moments.” Did they name the same ones as you? What surprised you about their answers?

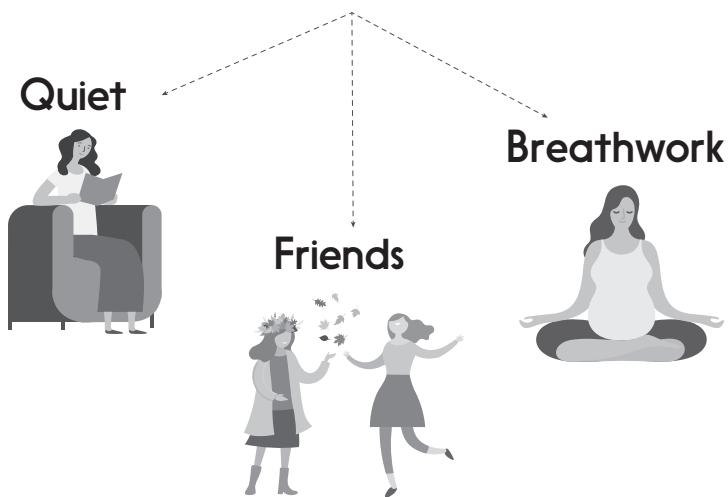
CHAPTER 4

Myth 1: Good Moms Put Their Families First





SIX THINGS MOMS NEED FOR MENTAL HEALTH



Journal and Discussion

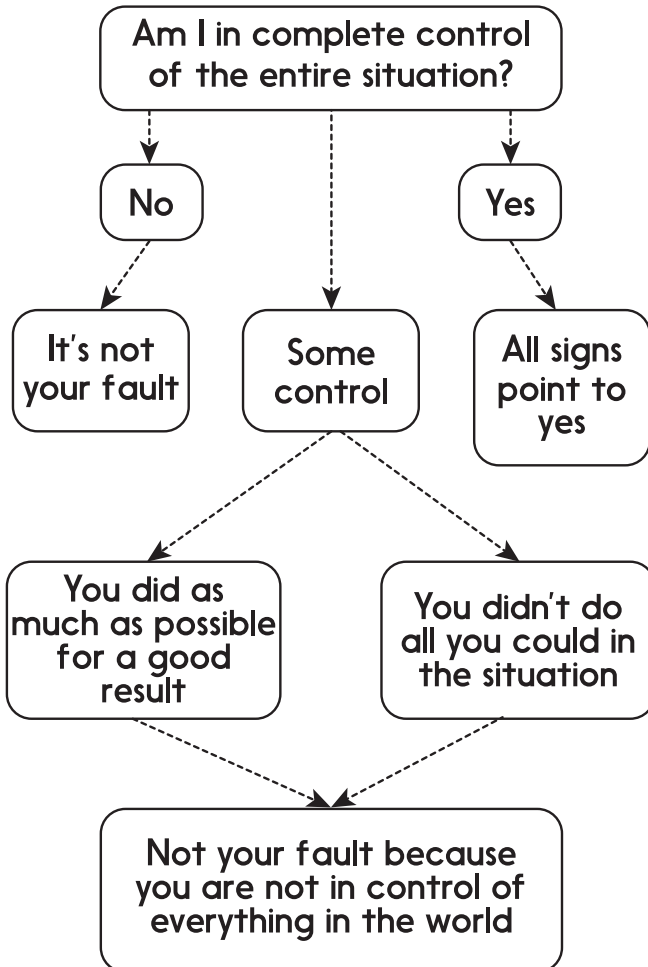
- ♥ How have you felt shamed because of what you prioritize?
- ♥ What have you done to sideline yourself as you mother your babies? Be honest here. No judgment.
- ♥ What boundaries can you set at home to set an example of caring for yourself as a valuable child of God?
- ♥ Of the six things moms need for mental health, which one will you put into practice this week?

CHAPTER 5

Myth 2: Good Moms' Kids Are Obedient and Well-Behaved



IS THIS MY FAULT?





**I'D RATHER BE A
MOM COVERED IN
GRACE
THAN CONSUMED
BY GUILT.**



Journal and Discussion

- ♥ As you think back over the mothering you've done so far, what is one thing you beat yourself up about that you need to let go of?
- ♥ Where are you taking responsibility for your child in unhealthy and unwarranted ways?
- ♥ What does differentiation need to look like for you?
- ♥ What comes to mind when you think about what you can control, what you have influence over, and what you can't control concerning your children?
- ♥ What's something you've gotten right as a mom that you're really proud of?

CHAPTER 6

Myth 3: Good Moms Don't Get Angry



SELF-REFLECTION QUESTIONS:

What was going on around me?



What were my
unmet expectations?

How did I feel?



What was my automatic thought
or the story I told myself?

How did my anger
get resolved?



Journal and Discussion

- ♥ Anger is a true and valid emotion, but sometimes it's masking something else. If you were to excavate your anger, what would you find underneath? Frustration? Loneliness? Exhaustion? Something else? Why do you think this thing shows up as anger?
- ♥ What are some of your anger triggers? Take a minute to jot down what you've gotten angry about in the last few weeks. Then do a little self-reflection and identify the triggers. Exploring what makes us angry and proactively addressing what we can is a game changer for managing our anger.
- ♥ Brainstorm a practice you can use to self-regulate when feeling triggered. It could be counting, praying, taking a walk, etc.

CHAPTER 7

Myth 4: Good Moms Protect Their Children from Pain



SHOULD I STEP IN?

Is my child in physical danger?

No

Stand by

Yes

Step in

Is my child at risk of abuse or trauma?

No

Stand by

Yes

Step in

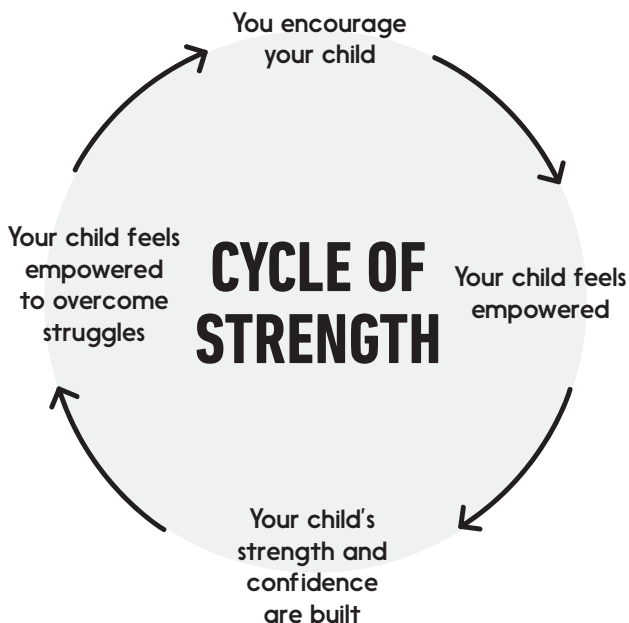
Is this pain helpful?

No

Step in

Yes

Stand by



Journal and Discussion

- ♥ Have you ever felt anger over a struggle your child had? What has that looked like in your life?
- ♥ Have you ever thought about how some struggles and pain can benefit and equip your kids?
- ♥ Having a tool to assess whether you should step in is helpful. Do you have any current situations where the flowchart will help you decide when to step in?

CHAPTER 8

Myth 5: Good Moms Can Do It All



**WONDER WOMAN WOULD
BE A TERRIBLE MOM.**



SUPERMOM LIST

Are you at risk of believing
the Supermom Myth?

- | | Yes | No |
|--|--------------------------|--------------------------|
| • Do you often criticize yourself? | ☐ | ☐ |
| • If your child struggles, do you think it's your fault? | ☐ | ☐ |
| • Do you worry you aren't doing enough? | ☐ | ☐ |
| • Are your high expectations stressing everyone out? | ☐ | ☐ |
| • Does analysis paralysis cause you to second-guess yourself? | ☐ | ☐ |
| • Compared with other moms, do you often feel you could do better? | ☐ | ☐ |

Journal and Discussion

- ♥ What version of supermotherhood have you been trying to live up to? Which plate will you stop spinning this week? Why that one?
- ♥ Is it a relief to know that God created your child and that who they become is not all up to you?
- ♥ How does the mother load and the concept of mental load show up in your life? What are some responsibilities that you could share with others to make your life easier?
- ♥ You *are* super in some ways. Take some time to think about what you do best. Spend a few minutes listing all the things you are doing well.

CHAPTER 9

Small Changes, Big Results



Journal and Discussion

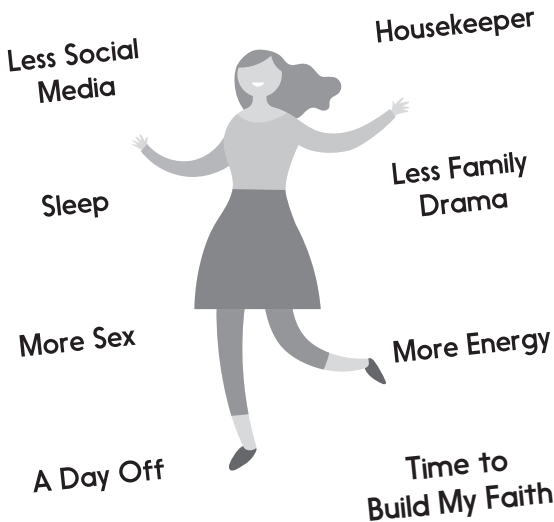
- ♥ Have you ever thought about how your identity guides your behavior? What does it look like in your life?
- ♥ What changes have you hoped to make but have given up on because you couldn't do it all at once?
- ♥ You have a list of things you wish were different. We all do. How do the changes you want to make align with your identity, and how will you prioritize those changes?
- ♥ What is one area in which are you looking for large-scale change? What incremental steps can you take, starting today, to make that change a reality?

CHAPTER 10

The Magic Question Habit



WHAT DO I NEED?





PERMISSION GRANTED

- ☐ Do what's right for you.
- ☐ Breathe and get perspective.
- ☐ Live and parent by your values.
- ☐ Take care of yourself.
- ☐ Protect your boundaries.

Journal and Discussion

- ♥ What do you need right now? Don't overthink it. See what pops into your head.
- ♥ Who can help take some pressure off you in terms of your mental load? A husband, housekeeper, or babysitter? If you had a magic wand and could magically get the help you need, where would you start?
- ♥ Have you ever experienced disappointment or bitterness because of years of not having your needs met? What small step you can take today to mother yourself and help protect yourself from feeling like that in the future?

CHAPTER 11

The Power of a Great Soundtrack



HOW TO REPLACE BROKEN SOUNDTRACKS

- 
- ① Listen to your soundtracks.
 - ② Look for evidence.
 - ③ Learn to replace and repeat.

Journal and Discussion

- ♥ If you were to sit quietly for a few minutes, what soundtracks would play in your head? What do you notice about the messages you hear?
- ♥ Think about the condemning or negative soundtracks you hear in your head and speak over your life (and the lives around you). How can you transform those messages into truth?
- ♥ Do you think generational trauma or legacy burdens are a part of your childhood family? What would it look like to replace those automatic thoughts with kinder ones?
- ♥ What soundtracks will you play as you transform your thoughts to be more positive and uplifting?

CHAPTER 12

Getting the Love You Need



Journal and Discussion

- ♥ From your perceptions of how marriage *should* be, what kinds of baggage have you carried into your own relationship with your spouse?
- ♥ We each have a list of the things about our spouse that drive us crazy. Which on the list are you willing to let go?
- ♥ How does your husband like to be loved? What is his love language?
- ♥ How do you like to be loved? Make sure to tell your spouse so he can love you like you need to be loved.
- ♥ How can you pile on the positives to boost your five-to-one ratio?
- ♥ What is something you've been holding back that you need to be courageously vulnerable about with your spouse?

CHAPTER 13

The Secret Sauce in the Happiness Recipe



FRIENDSHIP FLAGS

GREEN FLAGS

- ◀ They respect your boundaries
- ◀ You can be yourself around them
- ◀ They are happy when you succeed
- ◀ You feel better after you spend time with them
- ◀ They accept you for who you are

RED FLAGS

- ◀ They often criticize you
- ◀ They are dismissive about your dreams and achievements
- ◀ They always have something negative or gossipy to say
- ◀ They always "one-up" you
- ◀ They ask for favors but don't return them

ACTIVE SOCIAL MEDIA

- Commenting on friends' posts
- Connecting with others
- Makes you feel better

PASSIVE SOCIAL MEDIA

- No commenting
- Endless scrolling
- Makes you feel worse

WHEN IT COMES TO BOUNDARIES FOR ME

☒ I will not let a friend use guilt to have more of my time or energy than I have to give.



☒ I refuse to spend my time with a friend who wants to gossip for the majority of our time together.



☒ I will not intentionally spend time with people who hurt me or my family members. This is especially true if they disguise it as a joke or try to deny it.

☒ I refuse to get pressured into activities or obligations that I don't want to do.



☒ I will not spend time with friends who have an overwhelmingly bitter or negative mindset or victim mentality.



Journal and Discussion

- ♥ What is the state of your friendship landscape right now? Is it good and healthy? Nonexistent or sparse? What changes might you need to make to get or keep things in good shape?
- ♥ Which friendships do you need to prioritize right now? What are you doing to make sure they receive the care and nurturing they require?
- ♥ When you take an objective look at your friendships, which are the toxic (for you) ones that will require some evaluation or confrontation before you allow those friends to continue in close community with you?
- ♥ What is one way you can start bundling friend time?

CHAPTER 14

The Secret Art of Confident Motherhood





**THE MAGIC OF
MOTHERHOOD
IS IN WHO YOU ARE,
NOT JUST
WHAT YOU DO.**





**INVESTING
IN YOURSELF
AND YOUR
EMOTIONAL HEALTH
IS THE SECRET ART
OF CONFIDENT
MOTHERHOOD.**



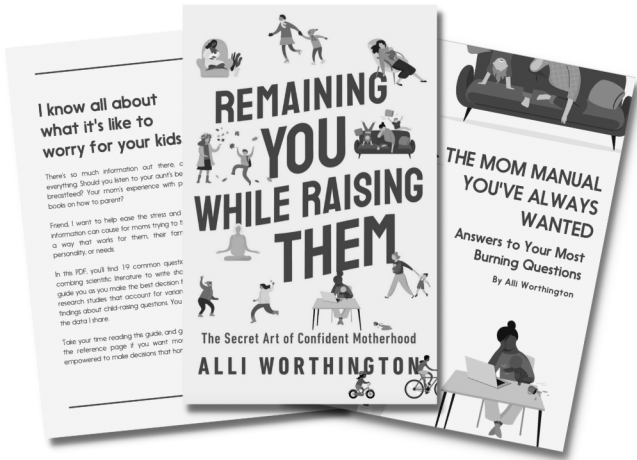
Journal and Discussion

- ♥ What have you learned about yourself through the course of this book? Write those things down so you don't forget them.
- ♥ Which of the myths are you most excited to leave behind?
- ♥ Which myth will be the toughest for you to bust on a day-to-day basis?
- ♥ In what ways are you committed to investing in yourself to ensure you are at your best for your family?

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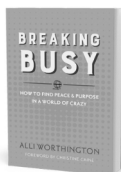


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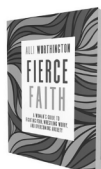
Breaking Busy

You have to break the busy before the busy breaks you.



The Year of Living Happy

A devotional that brings practical tools and biblical truth together for greater joy and peace.



Fierce Faith

God didn't give you a spirit of fear; learn how to fight back against it.



Standing Strong

You can't break a woman who draws her strength from God.

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