
SESSION 7

Mothers

You had a chance during your group session to think about what your relationship with your mother, or mother substitute, was like when you were a child, a teenager, and an adult. You've thought about how you are like your mother and how you are different. You've also considered what your mother's life was like as a woman, not just in her role as mother. All of those questions may have stirred up some strong feelings for you, such as anger, sadness, longing, gratitude, or guilt. In this session, you probably learned more from what is inside you than you did from lectures.

It can be hard for children to think of their mothers as people—as women in the same way that we are women. When we begin to see our mothers as women like us—with all the challenges we face—we can begin to deal with our feelings about our mothers.

Between-Sessions Activities

Please answer the following questions.

In what ways are you like your mother?

In what ways are you different from your mother?

Are there some things you want to change in the way you relate to your mother? What are they?

What's one thing you can start with right now?

If you are a mother, what are some things you want to change about how you parent your kids?

What's one thing you can start with right now?

Take about half an hour to think about what you would like to say to your mother. Write a letter to her without worrying about how she'll respond, because you aren't going to mail it. She's not here to evaluate how well you write. Spelling and grammar don't matter; just write what you feel and think. If you prefer not to write, you can draw a picture for your mother.