



## What Are Mother Wounds?

Mother Wounds are not about blaming your mother or caregivers.

They describe patterns that can form when your early needs for emotional safety, nurturing, attunement, or being held were unmet, inconsistent, or conditional. These wounds can arise from your personal upbringing, your mother's own unhealed wounds, generational patterns, or cultural expectations around care, self-sacrifice, and emotional expression.

Mother Wounds often shape how safe it feels to receive, rest, express emotions, ask for support, or prioritise your own needs. They can show up as people-pleasing, emotional self-abandonment, hyper-independence, guilt around needing help, or difficulty trusting that you will be cared for.

Nothing here means something is wrong with you. These patterns once helped you adapt, survive, or stay connected. This assessment simply helps you gently notice where your nervous system may still be seeking safety through old strategies, and where it may now be safe to receive, soften, and be supported.

## Is This You?

You may resonate with this assessment if you often put others first, struggle to receive care or support, feel guilty resting, or feel emotionally “on your own” even in relationships. If nurturing yourself feels unfamiliar, uncomfortable, or undeserved, this self-assessment is for you.

## Instructions

This self-assessment is a gentle awareness tool - not a test and not a diagnosis.

There are no right or wrong answers. Its purpose is to help you:

- Notice how mother-wound patterns may currently show up in your thoughts, emotions, body, and relationships
- Create a clear baseline (Before)
- Track changes, shifts, and softening after healing sessions (After)

This assessment is designed to be used alongside energy healing, clearing work, infusions, affirmations, and reflection.

## How to Complete This Assessment

1. Read each statement slowly. Take a moment to notice what feels true for you *right now*.
2. Rate each statement from **0 to 10**, where:
  - a. **0 = Not present / not an issue**
  - b. **10 = Strongly present / a recurring pattern in my life**
3. Use the number that best reflects your *overall experience*, not one isolated moment.
4. Answer honestly and intuitively. Your first instinct is usually the most accurate. Avoid overthinking or trying to “score well.”
5. Complete this form:
  - a. **Before** beginning mother-wound healing
  - b. **After** completing your healing sessions

(You may also revisit it periodically to track ongoing integration.)
6. Be compassionate with yourself. Higher scores in some areas simply highlight where support, healing, or boundaries are needed. Lower scores may reflect growth, safety, and inner stability.

## Important Notes

- All statements describe common Mother Wound Patterns. Higher scores simply indicate where healing and support may be most beneficial. Strong emotions may arise while completing this assessment. If so, pause, breathe, and return when you feel grounded.
- Your results are for self-reflection and healing awareness, not self-criticism.
- Some patterns you notice may not come directly from your mother in this lifetime. They may be ancestral, generational, or past-life influences showing up in your emotions, body, or relationships. They also highlight what is ready for healing and release.

Healing the mother wound is not about becoming “perfect.” It’s about coming home to yourself, gently, honestly, and at your own pace. Take a breath before you begin. There is no rush.

## Section 1: Self-Trust & Inner Guidance

- I struggle to trust myself when making decisions. \_\_\_\_ / 10
- I disconnect from, ignore, or doubt my intuition. \_\_\_\_ / 10
- I frequently second-guess myself or seek reassurance from others. \_\_\_\_ / 10

## Section 2: Identity & Self-Expression

- I feel unclear about who I am or what I truly want. \_\_\_\_ / 10
- I hide or suppress parts of myself to feel accepted. \_\_\_\_ / 10
- I struggle to express my true thoughts, needs, or feelings. \_\_\_\_ / 10

### **Section 3: Shame & Self-Worth**

- I feel unworthy or undeserving of love or support. \_\_\_\_ / 10
- I experience shame about who I am or how I feel. \_\_\_\_ / 10
- I judge, criticise, or reject parts of myself. \_\_\_\_ / 10

### **Section 4: Self-Sabotage & Shrinking**

- I hold myself back from my full potential. \_\_\_\_ / 10
- I shrink, stay quiet, or make myself smaller to avoid conflict. \_\_\_\_ / 10
- I notice recurring patterns of self-sabotage in my life. \_\_\_\_ / 10

### **Section 5: Emotional Reactivity & Inner Conflict**

- I react strongly or feel overwhelmed by my emotions. \_\_\_\_ / 10
- I experience inner conflict around my needs, desires, or choices. \_\_\_\_ / 10
- I struggle to self-soothe or regulate after being triggered. \_\_\_\_ / 10

### **Section 6: Joy, Ease & Life Flow**

- I struggle to experience joy, ease, or lightness in daily life. \_\_\_\_ / 10
- I feel guilt when I relax, receive, or enjoy myself. \_\_\_\_ / 10
- I often feel stuck, heavy, or burdened. \_\_\_\_ / 10

### **Section 7: Physical & Energetic Tension**

- I carry physical tension linked to emotional stress. \_\_\_\_ / 10
- My energy feels blocked, heavy, or stagnant. \_\_\_\_ / 10
- I feel drained after interacting with others. \_\_\_\_ / 10

### **Section 8: Boundaries & People-Pleasing**

- I struggle to set boundaries without guilt or fear. \_\_\_\_ / 10
- I say “yes” when I want or need to say “no.” \_\_\_\_ / 10
- I seek approval from others to feel safe or accepted. \_\_\_\_ / 10

### **Section 9: Relationship Patterns**

- I attract relationships where I feel over-responsible or emotionally drained. \_\_\_\_ / 10
- I notice repeated or familiar unhealthy patterns in relationships. \_\_\_\_ / 10
- I feel unsafe, unseen, or unbalanced in my connections. \_\_\_\_ / 10

### **Section 10: Receiving Love & Support**

- I resist receiving help, love, or support. \_\_\_\_ / 10
- I feel unsafe being emotionally vulnerable with others. \_\_\_\_ / 10
- I push others away or struggle to rely on them. \_\_\_\_ / 10

### **Section 11: Over-Responsibility & Caretaking**

- I take on responsibilities that are not mine to carry. \_\_\_\_ / 10
- I feel obligated to fix, manage, or rescue others. \_\_\_\_ / 10
- I over-give my time, energy, or resources even when it drains me. \_\_\_\_ / 10

### **Section 12: Emotional Enmeshment & Hyper-Independence**

- I absorb or carry emotions that are not mine. \_\_\_\_ / 10
- I feel responsible for other people's feelings or happiness. \_\_\_\_ / 10
- I struggle to ask for help or depend on others. \_\_\_\_ / 10

### **Section 13: Fear of Abandonment or Rejection**

- I fear being abandoned, rejected, or unloved. \_\_\_\_ / 10
- I feel anxious when love, attention, or reassurance feels inconsistent. \_\_\_\_ / 10
- I struggle to trust others to stay in my life. \_\_\_\_ / 10

### **Section 14: Emotional Safety & Enoughness**

- I feel emotionally unsafe expressing my true self. \_\_\_\_ / 10
- I feel like I must prove my worth to be enough. \_\_\_\_ / 10
- I feel insecure in my sense of self-worth. \_\_\_\_ / 10

## Section 15: Perfectionism & Control

- I feel the need to control outcomes to feel safe. \_\_\_\_ / 10
- I struggle to let go, surrender, or delegate. \_\_\_\_ / 10
- I strive for perfection to feel worthy or accepted. \_\_\_\_ / 10

## Score Interpretation Guide

Use this guide for each item (bullet point) rather than the total score.

- 0–3 | Integrated / Regulated  
This area feels relatively safe and supported.
- 4–6 | Active Pattern  
The Wound is influencing behaviours, emotions, or relationships. Healing here will create noticeable shifts.
- 7–10 | Core Mother Wound  
A deep imprint. Clearing this area may create significant emotional and energetic relief.

Higher scores = more active wound.

Lower scores = healing, integration, safety.

## Reflection & Integration

Complete this section after reviewing your scores.

### 1. My Top 3 Mother Wound Expressions

1.

---

2.

---

3.

---

### 2. Body Awareness - Where do I feel these patterns in my body?

---

### 3. Emotional Awareness - What emotions are present here?

---

### 4. Core Beliefs Noticed - What beliefs about myself, love, safety, or worth are connected to these patterns?

---

**5. Compassionate Witnessing** - If these patterns were protecting me, what were they trying to prevent?

---

---

---

## **After Healing – Integration Reflection**

Complete after clearing the Wounds, Vows, Soul Contracts and Karmic Patterns. You can do this after each clearing step, or when you have finished clearing them all.

**6. What Has Shifted?** Which sections feel lighter, softer, or calmer?

---

**7. Embodied Changes** What feels different in my body, emotions, or relationships now?

---

**8. New Inner Truths** What new beliefs or feelings of safety are emerging?

---

**9. Self-Trust Statement** Complete this sentence: *I now allow myself to feel safe to...*

---

---

---

*This assessment is not about fixing yourself. It's about gently revealing where safety, love, and nurturing are ready to be restored.*

## **A Final Reminder**

This work is not about becoming someone new. It is about remembering the parts of you that learned to adapt and gently teaching them that they are safe now. You are allowed to heal at your own pace. You are allowed to receive support. And remember you are already enough.

If what you uncovered feels familiar, it doesn't mean anything is wrong with you.  
It means something is ready to be cleared.

I work with these wounds gently and safely through energy clearing and guided healing sessions.

If you feel called to go deeper, you're welcome to [reach out](#) or book an '[Unworthy to Unconditionally Loved](#)' session.