

Common Lies we Tell ourselves as Moms

- I'm a bad mom.
- I wasn't meant to be a mom.
- I don't belong here.
- I'm not worth it.
- I'm a failure.
- I'm a mess.
- I don't deserve to rest.
- I don't trust my own opinions.
- I have nothing to offer.
- I never follow through.
- I'm not likeable.
- I'll never be able to change.
- I must be perfect.

Of course, we all fail at things sometimes, or fail to follow through, or have messy situations, etc. The question is: does your internal dialogue say, *Ugh, I'm a failure?* or *Ugh, I failed at that?* The first internalizes failure to be something about you and your character. The second is more external: in this isolated situation, you haven't succeeded, but YOU aren't a failure. There's a big difference.

For you, what statement(s) are more internalized, like the first example? In what ways are you hardest on yourself?

This week during our time together, we'll talk more about the lies, countering them with truths, and a strategy to keep the truth in mind when we need it most.