

5 OBSTACLES TO SELF-COMPASSION

Of all the skills required to reclaim your life and sanity after an estrangement, self-compassion is the most key. Yet, so many parents, moms in particular, struggle with acquiring it. Here are some of the most common obstacles:

- 1) You believe you're supposed to suffer if your child is mad at you or rejecting of you
- 2) Your own childhood traumas left you with a very self-critical voice
- 3) Your view of parenting is that you should always keep trying and you believe that self-compassion is a form of not trying
- 4) You believe that self-compassion means you're not taking enough responsibility
- 5) You're so used to your self-critical voice that it's hard to even know that it's there.

