



Your Daily Practice

Episode 26

Mom Guilt, Mom Brain, and The Motherhood Complex
With Melissa Hogenboom

MISSING SUMMARY

Questions to ask Yourself

1. Notice gender biases in parenting: where are you carrying the cognitive load of motherhood?
 - a. How can you share that load?
 - b. What parenting tasks could you share with your partner or alloparent to help free you up to do the parts of mothering that you value most?
2. Instead of thinking about prioritizing yourself more, invite yourself to consider your family well-being and how your individual well-beings are interconnected and interdependent?
 - a. What boundaries could you set this week that benefit your family as a whole?
3. Turn mom guilt into Values. What do you feel most guilty about?
 - a. How does your guilt link to your values?
 - b. How can you act on your values, instead of your guilt?