



Mother/Life Relationship Worksheet

“Through our mother, life itself reaches us. When we take her as she is, we take life as it is — and only then can its flow support us.”

Questionnaire: “Mother, Life, and Me”

Instructions:

Answer slowly and take time to really feel your heart and body.

Let the first image, memory, or feeling arise ***without judging it***.

You’re not trying to “get it right,” or judge/blame, but to just gather data. Let’s notice patterns, sensations, and beliefs.

Most of our maternal relationship impact comes from multiple generations of ancestral maternal patterns.

Part 1 — Early Imprints

1. When you picture your mother during your earliest years, what image or feeling comes up first?
2. How did you feel in her presence as a child — *safe, anxious, seen, invisible, something else?*
3. In 3 words, describe the “energy” your mother brought into a room.

4. What was your mother's attitude toward her own life — joyful, burdened, adventurous, resigned?

Part 2 — Receiving from Mother (*Receiving from Life*)

5. How did you receive nurturing (*food, affection, attention*) from her? Was it abundant, conditional, scarce?

6. As a child, did you feel it was easy or difficult to ask her for what you needed?

7. How did she respond to your needs — promptly, inconsistently, warmly, critically?

8. If “Life” were a person handing you gifts right now, how similar or different would it feel to your mother handing you something?

Part 3 — Autonomy & Boundaries

9. When you tried to assert independence, how did your mother react? *Encouraging, fearful, dismissive, proud?*

10. Did you feel free to have your own opinions, emotions, and pace, or did you have to adapt to hers?

11. How do you now respond to Life when it asks you to step into independence? (*Do you rush, resist, feel frozen?*)

Part 4 — Beliefs About Life from Mother

12. What phrases or attitudes about the world did you absorb from her?

“Life is hard,”

“The world is dangerous,”

“You can do anything”...?

“I deserve/don’t deserve _____”

“I can/can’t receive.”

13. When you picture Life as a whole, what qualities does it have? Which of those match your mother’s worldview?

14. Where do you sense tension, gratitude, or longing in your body as you recall these?

Part 5 — Healing & Integration

15. What do you still wish you could receive from your mother?

16. If you could speak to Life as if it were your mother, what would you ask or tell it?

17. What would “receiving Life fully” look or feel like to you now?

18. What small action could you take today that symbolizes receiving Life more openly?

Optional Mapping

- Put a check mark next to any answers that feel emotionally charged.
- Highlight repeated themes (scarcity, fear, joy, support).
- Ask yourself: *“Do I treat Life the same way I experienced my mother?”*

Integration Prompt

Write 1 sentence:

“My relationship with my mother taught me that Life is _____.”

Today, I’m open to discovering Life as _____.”

Note:

Be gentle with yourself as you go through these.

Awareness is the beginning.