

[View this email in your browser](#)

TALK THERAPY WITH VERA | MAY 2023 NEWSLETTER



***“A mother is always the beginning. She is how things begin.” -Amy Tan***

Your mother doesn't necessarily perceive when she comments every time on your weight or appearance that it's not about what she said but how it's affected you as a pattern over time.



The iceberg underneath is that you may feel constantly undermined, disrespected, and internalized that something is wrong with you, that you can't connect with your mother emotionally and that any mistake or "imperfection" could sabotage what connection you do have with your mother.



**parent raised you**" resonated with so many people. You don't need to have a traumatic past to be highly affected by your dynamic with your mother.

They set the tone for many of your beliefs, behaviors and defenses. For better or worse, understanding and working through your mother wound can help us create a new relationship with ourselves, with your expectations of life not bound to your mother or society

**Here are some recurring narratives with my clients and the Asian Diaspora community with regard to the effects "under-mothering" has on their lives:**



**\*All these thoughts and beliefs can exacerbate depression, anxiety, eating disorders and addictions, amongst other mental health issues**

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Healing the mother wound tackles your mindset and challenges ideas of our highly patriarchal society – not exactly easy! But of course, a big part of fighting against Asian hate is also through patriarchal and sexist notions, but that's another newsletter to unpack!

**This process is not about rigidity but about creating space in ourselves and outside ourselves for new ideas, healing, and love that nourishes us.**

**Some things to recognize as you heal your mother wound:**

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

- It doesn't mean your relationship with your mother won't be fraught
- It doesn't excuse disrespectful and detrimental behaviours resulting from the wound from you or your mother
- It's about moving away from blame and learning to work with what you have responsibility for your own reactions and defence mechanisms coming from beliefs that once helped you to survive
- You are not responsible for saving your mother or fulfilling their dreams for you or themselves
- Allow grieving for your inner child who felt unloved, shamed, guilty or neglected
- Accept that no one can be a 'perfect mother'
- Question the cultural norms that encircle you and encircled your mother that trapped them in negative patterns or beliefs and now habits of interacting with you
- Know that dynamics can change while accepting that they may not, but that you need to prioritize your healing and growth

## Dive deeper:

[Self-Esteem vs. Self-Worth](#)

[Dealing with Guilt](#)

[What are relational traumas?](#)

[Emotionally Immature Parents](#)

[6 signs of emotionally unavailable parents](#)

Subscribe

Past Issues

Translate ▾

your life and need help knowing where to begin?

**This work is what I am passionate about working on with my clients, and I would be happy to hop on a free consultation with you to answer your questions!**

Book Here!

With care,



**Vera Cheng** | Registered Social Worker, Psychotherapist  
Talk Therapy with Vera

Your Toronto Asian Mental Health Advocate

- Consultant, Media Expert & Speaker
- Supporting you from anxiety to carefreeness!

[info@talktherapywithvera.com](mailto:info@talktherapywithvera.com) |  
[@talktherapy.with.vera](https://www.instagram.com/talktherapy.with.vera)

### Most popular posts on IG this month:

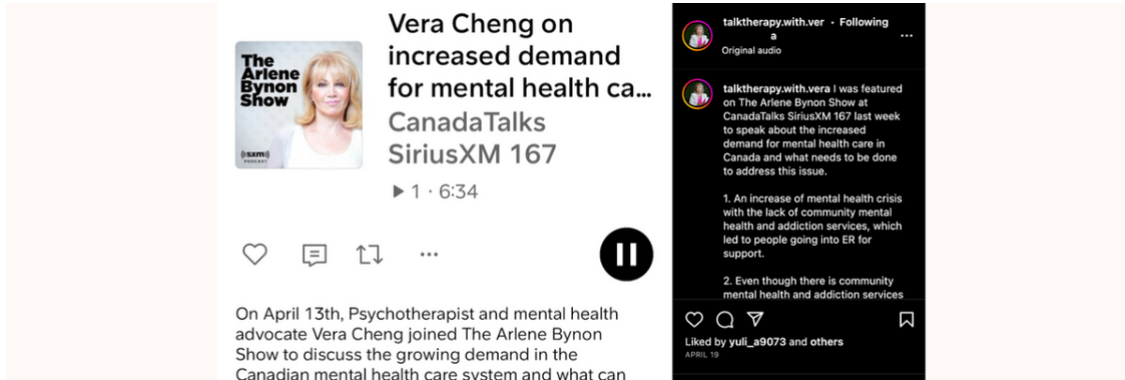


### In the media:

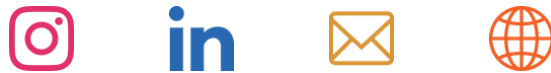
Subscribe

Past Issues

Translate ▾



Found this newsletter helpful? **Make sure to share it!**



Copyright (C) 2023 Talk Therapy With Vera. All rights reserved.

Our mailing address is:

Want to change how you receive these emails?  
You can update your preferences or unsubscribe