

# SOUL WORK FOR MOMS

## *Soul Work Sheet*

SWFM #18 Guest: Peg Conway

### Soul Work Action Step:

*Think of something you do (or could do) in the nurturing of your children that can be a positive connection to your childhood and your experience of being parented. Peg mentioned making sandwiches for her children, taking them on walks, etc. Search through your past and see if there are any times of being comforted or cared for in a way that brings you happiness that you can now provide for your children.*

### Journaling Questions:

1. What experience(s) of grief/loss have you had in your life? Where in the grieving process do you feel that you are with these experiences?

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2. Pam spoke about “coaching her emotions”. What emotions/situations do you suspect you could be “coaching” in order to make it less difficult to deal with?

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3. Does motherhood trigger pain from a loss in your life? Is there a shadow of loss that shows up at certain times for you?

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4. In what ways could motherhood be a catalyst for healing the pain of any loss you’ve experienced?

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5. What else did you take from this episode?

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