

# WORKBOOK

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Unfinished Business  
with Bethany Webster

Free Training • May 4th-19th, 2023



# A NOTE FROM BETHANY

## Welcome!

I'm so excited you've decided to join me for the free online training "Unfinished Business: Healing the Mother Wound in Order to Birth a New World."

As you know, we're living through an intense time of witnessing patriarchal structures become ever more dysfunctional and obsolete. In this emerging post-pandemic period, we see increasing uncertainty in media, education, religions, and politics, to name a few.

On top of that, many of us are also navigating a turbulent inner process in which the dismantling of patriarchal structures within ourselves takes place. In other words, the behaviors, beliefs, and values that we once personally held as true or the norm increasingly feel untrue, unworkable, or unbearable to us.

This is a crucial time to deepen our understanding of what isn't working, why, and what we must let go of, and what new energies, values, and worldviews are emerging to take their place. It's essential for us now to come together to explore, learn and fortify our commitment to our inner work, which is the foundation for what is to come, both personally and collectively.

The Mother Wound is a byproduct of patriarchy and the many untruths and distorted beliefs that women of past generations have had to pass down to their daughters and granddaughters, at the best of times, to help them survive a world that still sees women as "less than," and in the worst of times, to experience momentary relief by projecting their own pain or shame onto their daughters.



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As long as the world does not value women and mothers equally, the pain of the Mother Wound will continue to be passed down. But that does not mean we wait for the world to change; instead, we initiate that change within ourselves now by taking radical responsibility for our lives and embodying that deep dedication to our healing. As we do our part, we gradually make a new world possible for everyone.

Join me as we step into playing our role in the healing for ourselves, each other, and for all. You are not alone. We're in this together, and we got this!

Over the next two weeks, during this free training, I will share with you some powerful insights, tools, and mindsets to help you break free from problematic patterns and behaviors that are keeping you stuck—so that you can more fully step into your power and potential. The following worksheets are designed to help you integrate and further explore the material I'll share with you live during the two teaching sessions.

**The Mother Wound is the core issue in women's empowerment.**

Because the dynamics in our relationship with our mother formed the basis of how we see ourselves and the world around us, we are dealing with the foundational blueprint for relationships, especially the relationship with ourselves.

As this inner blueprint transforms, we become inter-generational change agents. We learn to love ourselves unconditionally—from the inside out. As we learn how to mother the child inside us, we become more powerful as women!

Thank you for being part of this. Now is your time!

Be undaunted, 

# Here's what's on the menu:

## SESSION 1

### Understanding our Cultural Inheritance & Getting to the Root of our suffering

Wednesday, May 10th @ 1 pm Eastern

#### Overview:

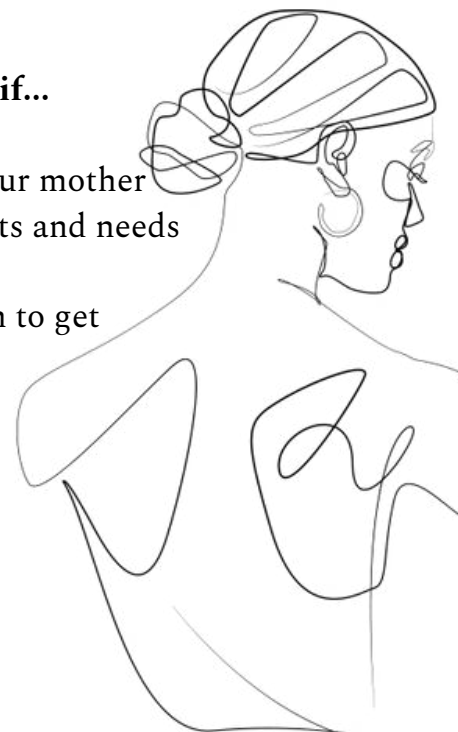
Patriarchal values get filtered from the over-arching culture down through our families to us as small children. The most insidious forms of patriarchy are passed down from mother to daughter, keeping women (and humanity) stuck. In this session, we will discuss the cultural impacts and the childhood trauma that cause us to feel perpetually stuck, not good enough, and ashamed. We'll also look at what it means to be a cycle-breaker at this time in history and how to truly heal, creating new possibilities for yourself and your community.

#### What we'll cover in this session:

- What the Mother Wound is and how it manifests in our lives as women
- Why Mother's Day can be so challenging for many women around the world
- Cultural myths and stereotypes that perpetuate the Mother Wound
- How Healing the Mother Wound is very different from "mother blame"
- Learn about the "Mother Gap" and how we compensate for it in our adult lives
- The reason why so many women struggle with guilt and how to move beyond it
- The role of triggers: Identifying the deeper link between your present triggers and the pain of the past for lasting transformation

#### This session will resonate strongly with you, especially if...

- You dread Mother's Day and have a stressful relationship with your mother
- You struggle with speaking your truth or honoring your own limits and needs with other people
- You see repeating patterns coming up in your life that never seem to get resolved



# SESSION 2

## Breaking the Cycle: Healing the Mother Wound to unleash your full Potential & Liberate women as a Whole

Wednesday, May 17th @ 11 am Eastern

### Overview:

In this session, we will make the important connection between the patriarchal beliefs and values we inherit and how they distort the intimate ways that we view ourselves, others, and the world. We'll also discuss specific ways that we can affect change within our own "inner climate" and heal the inner child so that the way is cleared for our full power to emerge as sovereign women. This clarity and empowerment we experience create ripple effects of change in our own families and communities.

### What we'll cover in this session:

- How the Mother Wound negatively impacts our self-concept and all our relationships
- Why the Inner Child is the gatekeeper of our "upper limits"
- The role of "inner safety" and how to begin mothering yourself to create big changes in your life
- The Benefits of Healing the Mother Wound and how our lives improve as a result
- What it means to embrace your role as an inter-generational "change agent"
- The 7 steps or major milestones that are necessary to Healing the Mother Wound
- I will share a bit about my online course Healing the Mother Wound, which is available for a temporary period at a discounted rate, for those of you who may want to go deeper with this work, after the webinar
- Some Q&A at the end for those who are interested in the online course

### This session will resonate strongly with you, especially if...

- You have struggled with low self-esteem and feel ready to step into a more empowering way of seeing yourself and the world
- You can see repeating themes of pain and suffering in your "mother line" and want to end the cycle of pain between women in your family
- You feel strongly that you don't want to pass on the Mother Wound to your own children and/or want to show up as a force for change in your communities

# Questions to Reflect on and Journal about throughout the Training:

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1. The impossible dream: Have you been wishing or hoping that your mother would change? How has the impossible dream impacted your life?
2. Grief and letting go: What would be possible for you if you let go of this dream of your mother changing?
3. Being a good mother to yourself: What does your inner child need to feel safe right now? How are you different from your mother?
4. What's most challenging for you about Mother's Day? How does this relate to the dynamics with your mother?
5. As Mother's Day approaches, what are the cultural stereotypes and myths that bring up shame or doubt?
6. In what specific ways do you see tension with your mother impacting your life?
7. Celebrating YOU: Emerging into your greatness (the real you). Being conscious enough to do this deep intergenerational healing work is a privilege. Honor your courage to be a pioneer to break the cycle! Make a list of all the things you're proud of. Keep adding to it every day!

# Empowering Mindsets for Mother's Day

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**Read through them all and circle the ones that stand out to you. Feel free to create some of your own!**

- It's impossible to please everyone.
- I am the expert on what is right and best for me, not my mother.
- It's OK for me to have different values and beliefs from my mother.
- My mother's feelings are her own responsibility.
- Healthy relationships require some measure of boundaries.
- If my mother gets upset about my boundaries, it doesn't mean I shouldn't have them.
- I acknowledge the truth of my feelings to myself.
- I choose how to respond to my mother in ways that honor my true self.
- I trust my feelings and observations. I trust my gut!
- My mother's words and behaviors are not statements of my worth.
- I can love myself even when my mother is upset in her own life or upset with me.
- My mother's feelings do not determine my reality.
- My mother is a separate person with her own wounds to heal.

# Empowering Mindsets for Mother's Day (continued)

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- I am the safest person for my inner child.
- The way others respond to my boundaries is not something I can control.
- I allow others to have their own feelings about my boundaries.
- It's OK for me to do things differently than my mother.
- I only have to handle this present moment.
- My mother is responsible for her own experience.
- I can choose how much I allow other people's behavior to impact me.
- I am not responsible for making my mother happy.
- I always have a choice in how I respond to situations.
- I can remove myself from a situation if I'm uncomfortable.
- It's OK if things don't go as planned.
- Choosing an empowered mindset is a significant step in my healing.
- I commit to loving myself no matter what happens.
- No matter how my mother treats me, I will not abandon myself.
- I don't have to take the behavior of others personally.
- I am always safe within myself. All is well.



# If you have no contact with your mother

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Going “no contact” is one of the hardest things a woman can face and it’s often the choice of last resort after trying everything to make your relationship with your mother work. Ultimately, as an act of self-love and self-preservation, it can be one the most empowering acts of one’s life. However, Mother’s Day may naturally bring up grief and it’s important to support yourself in every way possible.

## Tips if you have no contact or “low contact” with your mother

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1. Anchor in a positive rationale of self-love and empowerment. Surround yourself with inspiring material such as images, affirmations, art, books, and quotes that lift up your spirit.
2. Write down an exhaustive list of all the reasons why going no contact with your mother was the healthiest choice for you. Give concrete examples and specific memories. Read this often, especially when grief or guilt comes up.
3. On a daily basis, embrace whatever feelings come up. Make space for grief. Be extremely kind to yourself as you would a dear friend.

4. Surround yourself with people who “get it” and understand what you’re going through.

5. Move your body. Find ways to move, such as brisk walking or gentle stretching. Massage or bodywork can also help. This helps you to stay grounded in the present moment and feel centered in your body.

6. Start new daily or weekly rituals that feel empowering for your adult self and nurturing/ fun for your inner child. Have fun with this!



# Session 1 - Our Cultural Inheritance

What were your mother's beliefs in different areas (romantic relationships, sex, money, her potential, etc.)?

How did your mother's beliefs get conveyed to you (overtly and/or covertly)?

How did growing up in the atmosphere of these events affect your life?

Are there any beliefs you are carrying that are NOT in alignment with your deeper truths?

Revisit each belief from your point of view and update them, consciously choosing what it is that you believe.

# Session 1 - Getting to the Root

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Below is a process that you can use to work with emotional triggers when they come up. As we get to the root of the strong emotional response from the past, we are less controlled by old patterns and become increasingly capable of making empowered choices in the moment. With practice, this process becomes natural and integrated into how we live our lives. Emotional triggers become opportunities to transform the past and open up new possibilities for the future.

## **1. Acknowledge the feelings that are coming up for your inner child.**

When feeling an overwhelming emotion, pause, take a breath, name the feeling, and connect with your inner child.

## **2. Identify the Original Situation of the past.**

Reflect and inquire into what past painful situation the feeling is arising from. A question to ask yourself is: What situation from the past does this emotion remind me of? When did I feel this way as a child?

# Session 1 - Getting to the Root (Cont.)

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## **3. Empathize with the feelings of the past that are coming up for the Inner Child.**

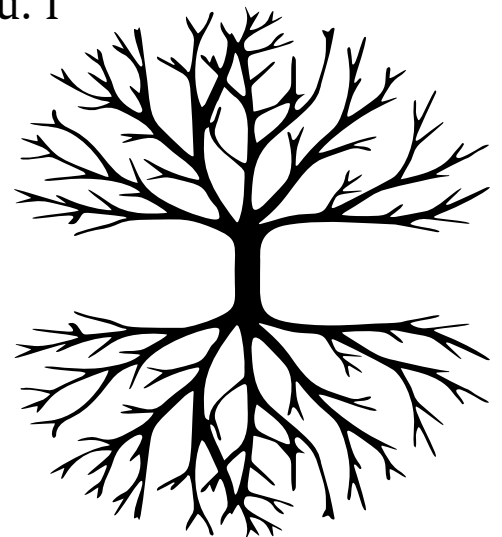
Once you have some sense of the situation of the past from which the feelings are arising, validate the legitimacy of these feelings in that context of the past. Empathize with the inner child, mirroring back the feelings and where they come from, saying things like, “Your feelings make total sense given what you’ve been through.” Let the feelings flow.

## **4. Differentiate the Present from the Past.**

Reassure the inner child that while this current situation FEELS very similar to the old situation, it’s actually very different. Provide evidence of how he/she is SAFE NOW.

*Other things you can also say:*

- Your feelings are all OK with me.
- I love supporting your freedom and individuality.
- I love taking care of you and supporting you. I have plenty of support in my own life.
- I’m here for you.
- You don’t have to support me.
- I’m the adult and you are the child.
- You get to receive.
- You can rest in me.



# Session 1 - Getting to the Root (Cont.)

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## **5. Provide a Positive Vision.**

The Inner child needs to have a positive, nurturing vision of the present and future to trust that life is safe, despite past experiences. Explain in simple language that the pain of the past is over and the future will continue to get better and better; that no matter what happens in the outer world, she will always be safe within you.

## **6. Take an Empowered Action that anchors the positive Vision.**

The last step is to take some concrete action that is affirming and demonstrates the truth of the positive vision. It could be as simple as doing something that was not possible to do as a child, perhaps setting a boundary, saying what you really want, or even walking out the door to show that you are free to make your own choices.

# Session 2 - Breaking the Cycle

## Consolidate your learning...

How is the Mother Wound showing up in your life?

How is it holding you back?

Visualize yourself beyond the Mother Wound. What do you want to create? What are you longing to experience? What beliefs in the Mother Wound have been holding you back, that you are ready to let go of?

What new beliefs must you step beyond the “maternal horizon” and into your true self, your true destiny?

What are some action steps you can take in the next 24 hours, week, or 2 weeks to demonstrate those new beliefs?

# Thank you for joining me!

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I hope you enjoyed this free online training! I have loved spending two weeks with you, getting to know you, supporting you, and sharing powerful insights and tools. I hope you enjoyed the materials, content, and conversations we had together. It always amazes me to see the power that emerges as women gather for the purpose of healing and transformation!

## So, what's next?

*Some of you may be wondering how to go deeper with this work of healing the Mother Wound. You may feel ready to step into your full power and potential and want more guidance and support. Is this you?*

If so, I invite you to join my widely acclaimed online course on “Healing the Mother Wound”, which is available for \$250 off the regular price from May 4th through the 19th. I also have a special low payment plan available for this limited time.

Take advantage of this Mother's Day discount on the course, which includes lifetime access to premium curriculum, unlimited live Q&A calls with me and a vibrant, global FB group. I'd be honored to support you on this profound, life-changing journey!

**[Learn more here!](#)**



# Here's what women are saying about the Healing the Mother Wound Course

*“After 10 years of healing work, finding Bethany's course was like the missing ingredient that made all the rest of the healing make sense. The course is so thoughtfully created, the insights are as if it is speaking right to your own soul. Before this course, I always turned away from inner-child work because of how it was presented. Bethany's approach to inner-child work is so profound it will transform you. It has enabled me to put down some of my pain and make peace with things I had no idea how to make peace with or understand. The community of women you meet in the course is so extraordinary it is worth joining the course just for that support and sisterhood. This course will heal so much more than just your Mother Wound - once you start it you'll wish you had found earlier in your journey.”*

— **Joanna, Toronto, Canada**

*"Bethany I can't ever thank you enough for what you are doing. I had spent literally thousands and thousands of dollars on therapy, courses and goodness knows what. This online course is miraculous, pioneering, magical, compassionate and has done for me what nothing else has even got near to.”*

— **Olivia Majors**

# About Bethany Webster



In 2013, Bethany Webster published an article entitled “Why it’s Crucial for Women to Heal the Mother Wound” based on a body of work she had been developing in isolation over the course of 15 years.

Overnight, the article went viral as women around the world shared it on social media, discussed it with their friends, and began referencing it in new blogs and podcasts. Since then, Bethany has built a global community of thoughtful women who are committed to ushering in a new, internally-driven era of feminism.

Bethany is the author of “Discovering the Inner Mother: A Guide to Healing the Mother Wound and Claiming your Power.”

Bethany speaks, consults and mentors around the world sharing her growing body of work that is raising the standard of women’s leadership and personal development.

**Visit her website to get access to free articles, interviews, resources and more!**

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