

41 Affirmations for Making Space for Ambivalent Feelings in Motherhood

A moment to pause, reflect, and choose a useful next step.

1. I can tell a trusted adult about a difficult feeling.
2. I can allow a good moment without denying a hard one.
3. I can recognise grief for a previous routine.
4. I can seek qualified support for persistent distress.
5. I can accept a good moment when it comes.
6. I can meet a difficult day with practical support.
7. Mixed feelings can be discussed with a suitable adult supporter.
8. Care for my child can coexist with attention to my own wellbeing.
9. I can seek help outside the family when suitable support is needed.
10. One hard interaction does not contain the entire history of my care.
11. A small ordinary moment of connection does not need to become a performance.
12. I can separate a feeling from a judgment about my love.
13. Love for my child can coexist with honest feelings about the demands of motherhood.
14. I can enjoy motherhood without enjoying every task.
15. I can avoid placing adult emotional burdens on my child.
16. I can keep a private reflective practice if useful.
17. Mixed feelings do not invalidate my love.
18. I can question an expectation that assumes endless maternal availability.
19. I can seek qualified support without waiting until I can no longer cope.
20. I can seek qualified guidance for a concern beyond my knowledge.
21. I can be honest about uncertainty without inventing a reassuring guarantee.
22. I can ask for a manageable break.
23. I can love my child and miss uninterrupted time.

24. I can ask for relief without proving desperation.
25. I can tell the truth without calling myself ungrateful.
26. I can ask for listening rather than quick reassurance.
27. My personal needs remain real within the work of mothering.
28. A parenting image online does not show an entire household's circumstances.
29. I can make room for more than one honest feeling about a transition.
30. I can take a pause before responding to a difficult moment.
31. I can keep learning about the people I care for as they change.
32. I can seek qualified support if distress feels persistent or intense.
33. I can speak about a hard feeling with a trusted adult.
34. I can let affection and frustration coexist.
35. I can notice which demands are changeable.
36. I can reject the expectation of constant maternal happiness.
37. I can ask for a specific task to be taken off my list.
38. I can keep an interest that reminds me of another part of myself.
39. I can ask for a clear next step after a support conversation.
40. I can appreciate what is working without denying what is difficult.
41. My rest is relevant to a sustainable daily life.

Choose words that feel believable. Pair them with a small action. Affirmations support reflection; they do not guarantee outcomes or replace professional care.

Source: <https://affluma.com/making-space-ambivalent-feelings-motherhood-affirmations/>