

LET GO OF  
THE  
PARENTING  
GUILT



## 1. *Evaluate your feelings*

**BEFORE YOU START TAKE A MOMENT TO BREATHE AND CONNECT WITH YOUR THOUGHTS AND FEELINGS. THEN RESPOND TO THESE QUESTIONS WITH THE FIRST THOUGHT THAT COMES TO YOUR MIND.**

---

1.How does the guilt shape you?

2.Does it help you make better decisions ?

3.Does it make you happier and better ? Or more stressed ?

4.What do you feel most guilty about now?

## 2. Forgive yourself.

**BEHIND GUILT STAND UNREALISTIC EXPECTATIONS THAT WE HAVE TOWARDS OURSELVES . BUT WE ARE ALL HUMAN, AND SOMETIMES WE ALL FAIL.**

**FILL IN THIS SPACE WITH YOUR SPONTANEOUS ANSWERS:**

---

What would you say to your best friend who's feeling guilty about a parenting moment?

Now, can you talk to yourself with the same kindness and compassion?

What do you believe that a good parent does / is ?

1

2

3

4

## 2. *Forgive yourself.*

### **THE WINNICOTT'S THEORY OF A GOOD ENOUGH PARENT: A GOOD PARENT IS THE ONE WHO RESPONDS TO 80% OF THEIR CHILD'S REAL NEEDS ( EMOTIONAL AND PHYSICAL).**

**THIS MEANS THAT YOU ARE A GOOD PARENT AS LONG AS YOU'RE FEEDING YOUR KIDS, KEEPING THEM WARM, SAFE AND EDUCATED, TAKING CARE OF THEM AND RESPONDING TO THEIR NEEDS IN 80 % OF TIME,**

## YOU'RE DOING A GREAT JOB!

---

What do your children really need from you?

What parenting actions are you proud of?

1

2

3

4

### 3. *In the future*

**GIVE YOURSELF GRACE. WE ARE ALL HUMAN AND WE ALL MAKE MISTAKES. AND WHILE RAISING OUR CHILDREN WE PREPARE THEM TO LIVE IN THE REAL WORLD: WHERE GOOD IS MIXED WITH THE BAD, THE VICTORIES WITH DECEPTIONS AND WHERE EXPECTATIONS ARE NOT ALWAYS MEET. SO YOU DON'T NEED TO BE A PERFECT PARENT, BECAUSE IF YOU WOULD, YOU WOULD'T PREPARE THEM TO LIVE IN THE REAL WORLD.**

## BE GOOD ENOUGH!

---

How do you feel about being a good enough parent? Is that attainable ?

What can you do in the future to be a good enough parent?

- 1
- 2
- 3
- 4