

## TRUTH #1

### Confess You're a Mess!

#### Marissa's Maxim

*"If you can't confess your junk to one another, then you're never going to truly experience healing."*

*Hey mama,*

Have you had a heartfelt confession recently? I mean, just you letting off steam, being real with yourself - admitting your shortcomings - hoping to feel better.

#### Confess That You're Struggling

The starting point for your transformation is a deep-felt confession that you don't have it all together. When you keep your feelings bottled up, it gives room for negativity to breed. Motherhood could be a big struggle, and acting like you can make it alone will only make the battle harder and cause you to slip into a severe mental state.

On the other hand, when you expose what is raw and real, it loses its power to strangle you, creating the opportunity for your freedom.

#### Who Should You 'Confess' To?

**Yourself:** the truth is, you cannot confess to anyone else until you have first done it to yourself. It starts with acknowledging that you need mental, emotional, social, physical, or spiritual help. Nothing fancy or elaborate. You just pour out your heart about your fears, worries, struggles, pains, and hurts - without pretending to have all the solutions. Tell yourself that uncomfortable truth about

your past and your present. It will not be the easiest, but I promise you it will be worth it.

***Your Spouse/Partner or Trusted Friend:*** when you share your burdens with your spouse or a loved one, you lighten your load. Some partners genuinely do not realize how tasking motherhood can be. They assume you know what you're doing and can handle it all. If your spouse/partner is a good listener, you can pour out your heart to them. However, a trusted friend or another mom or group of moms could offer a great source of comfort because you all likely share similar struggles.

***A Licensed Practitioner:*** If you have deeper issues that require professional help, I want to encourage you to take that bold step and reach out to a counselor, therapist, spiritual guide, or mentor. I believe in therapy and its role in mental health, and I will dig deeper into this in **Truth #3.**

## **Why Confessing Is Very Important**

When you confess to struggling, you allow yourself to heal. See confession as the doorknob to your healing and transformation. Once you turn that knob, the door opens, and you can move into your preferred space.

Confession brings help or support. When you confess, you say you need some assistance. In turn, it can cause the universe to send you helpers you never knew existed.

Also, confession can serve as some form of catharsis. Catharsis is a process where you release intense and suppressed emotions, intending to get relief. Feeling relief is the most significant benefit of your confession. It is never a good idea to stay emotionally bottled up. Positive change only comes when you let go of junk.

## Accept That You Need Help

After confessing, you should be ready to accept much-needed help. Accepting help may not come naturally or easily for some moms, and I can relate. It requires a lot of vulnerability, self-esteem, and humility.

It breaks my heart when I see a mom struggling to hold it together. And this gets more heart-wrenching when she has opportunities to lighten her load, but she finds it hard to ask or receive. It becomes inevitable that if you keep refusing help when needed, you will burn out.

## Moms And The Struggle To Accept Help

There are three categories of moms when it comes to accepting help, whether emotionally/socially (cultivating relationships) or physically (with daily chores, errands, childcare, and so on);

1. The 'independent' mom - I can do it all by myself
2. The 'insecure' mom - I don't deserve it
3. The 'mom-in-denial' - I don't need it

**The 'independent' mom:** independence is not bad in itself. You must be able to cater to your own needs. However, if taken to the extreme, it can graduate to pride. You may think that asking for and receiving help is a sign of weakness. The truth is, it is not. It is quite the opposite. A true sign of strength involves being aware of your capabilities and seeking ways to become more efficient. Parenting is not a lone task, even if you are a single parent. You can receive help from family members and loved ones.

**The 'insecure' mom:** she is constantly thinking, "I don't deserve it. Who am I to ask or receive anything from anyone?" This evaluation of self is unhealthy and reveals low self-esteem. There is no need to feel unworthy or undeserving of help. Do you think that way because of what you have done in the past? Or because of how you have been spoken to and treated previously? Childhood experiences are often the source of insecurities that leave dents in the soul. These dents can be adjusted and replaced with a positive evaluation of yourself.

**The 'mom-in-denial':** you may wonder how a mom can deny the need to receive help. Sometimes, a mom gets so overwhelmed that they lose touch with reality and rational thinking. For example, if you are prone to depression, your mind functions differently from someone who is not depressed. And so, you may think you are okay when you aren't. In such a case, when other people offer you help, you decline it.

In all honesty, I was all three, depending on my need. But there is hope, and you can learn to receive much-needed help.

### **How can you learn to receive help?**

Every behavior you need to address is a fruit from a deeper root. To attack it, you must self-reflect to trace your 'why' before you know the 'how.'

Chat with yourself to discover why you do not like receiving help.

- Is your self-sufficiency a coping mechanism?
- Do you refuse help because you guard your heart against hurt and pain?

- Are you afraid to be vulnerable and love again?
- Are you insecure or in denial?
- Could it be that your parents modeled this behavior before you? (refer to Chapter 1 of the Workbook)

When you uncover these hidden roots, you can activate the following;

- **Give up control:** this is no walk in the park, and it will take time to master it. Just start one day at a time. If someone offers help and your first response is to decline, take a moment to pause and rethink. Then go back to the person, apologize for declining, ask if the offer is still open, and accept it. Asking requires much humility, and you may feel like you are making a fool of yourself, but it is necessary. Any time you do this, pat yourself on the back because it shows you are growing. Eventually, you will get to the point where once help is offered, you willingly accept it on the spot!

- **Put yourself in the giver's shoes:** what if you were the one who loved someone enough and genuinely desired to help them, and they kept turning you down? How would you feel? If for a moment, you step out of 'self' and you consider the other person, you will realize that being turned down repeatedly could be offensive or hurtful. Consider this and let it motivate you to receive help.

- **Say "thank you" and offer to return the favor:** this may not apply to all situations, but offering a favor can help you learn to receive help first. For instance, when your neighbor offers to babysit so you can go on a date night with your partner, reply with, "Aww, thank you so much, Amelia. Can I get dinner for you? What would you like me to get on our way back?" Be sure not to promise what may be difficult to deliver.

*I have been in all three categories of moms in the earlier phases of motherhood, and it took me a while to realize that my self-worth connects to my behavior. Growing up as a Filipino immigrant in the United States and spending most of my childhood alone because my parents went to work and my brother to school, I always craved attention and acceptance. I had to get used to being lonely. I needed to fight to be seen or heard. Winning my parents' approval was challenging because of their criticism of everything I did. Nothing was ever good enough. These issues shaped me to become a performance-based woman and powerfully manifested when I became a mom.*

*Motherhood, for me, was about performance. I would perform and keep performing even if it was wearing me out. I wanted to prove to my family that I could win their approval by doing everything (independent mom). Looking back now, I see that my mental struggles were rooted in a lack of self-worth. I never felt good enough and worthy to receive my parents' love - I mean, who leaves their five-year-old alone for most of the day? The neglect caused me to be very insecure and feel undeserving of love or assistance (insecure mom). The result? My mental health deteriorated to the point where I denied my reality, and I could not immediately process the fact that I genuinely needed help (mom-in-denial).*

*With that kind of mindset, life got very exhausting. I felt like I was on a hamster wheel. I was always working and working, I became very suspicious of everyone around me, and I did not know how to live. I was only existing, not truly living. The turning point came when I discovered how to enter a place of rest. Rest means being free from activities, anxieties, or disturbances. It is staying still, pausing, and turning your mind off.*

*Once I discovered this, I became conscious of it, and now it has become a habit. A place of rest is the place I believe you desire. And I will show you how to cultivate this habit of truly being still and allowing your mind to refresh. You can achieve this by meditating, listening to wholesome music, exercising, taking a nature walk, and so much more, which you will learn through reading this book.*

Scan the QR code below  
to access the Song Selections for each Truth.



## Self-Care & Self-Love Activities #1

### ✓ Self-Care Affirmations

*"I am valued. I am worthy. I am brave. I am empowered. I am equal. I am strong. I am more than enough. I am free of condemnation. I am not my past. I am fresh and new. I am pure. I am not under a low-lying black cloud. I am free! I am ready for anything, and I can make it through anything. I am healed. I am whole. I am an amazing woman. I am a loving mom. I am (say your name), and I will keep working until I become the best version of myself."*

### ✓ Self-Care Journaling

- Write down a heartfelt confession of your struggles as a woman and a mom.
- What will you do differently today to be able to ask for and receive help?

### ✓ Self-Love Song Selection

Get your groove on. Feel empowered and inspired. Get into the day's activities - work, chores, childcare, and so on, with an upbeat attitude. The most relevant parts of the lyrics are:

*'Oh yes, I am wise  
But it's wisdom born of pain  
Yes, I've paid the price  
But look how much I gained  
If I have to, I can do anything  
I am strong, I am invincible, I am woman....'*

You crushed it today! Next, I will take you on a journey to discover what it means to be healthy in your spirit, soul, and body.

*Love you, my friend*