



Your Mom Truth

MODULE 5: OVERCOMING LIES WITH TRUTH

Mom Type	Stabilizer	Connector	Improver	Doer
Lie	I am valuable when I am caring for others and keeping the peace. <i>p. 68-71</i>	I am valuable when I am happy and making others happy. <i>p. 98-100</i>	I am valuable when I am perfect and my family is perfect. <i>p. 127-129</i>	I am valuable when I am highly productive. <i>p. 156-159</i>
Benefit				
Negative Consequence				
When was this true?				
How is this false?				
Truth				

Coaching Question: *What kind of mom could you be without this thought?*