

# *Parent Relief Guide*

FOR MOMS WITH KIDS 0-14



How to transform self-limiting beliefs, self-judgment & negative feelings like guilt or shame into self-appreciation & inner kindness for Women Navigating Motherhood.



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*I've been where you are, and I know how painful it feels ...*

After becoming a mother, I felt nothing but love and devotion for my little girl, but after a while I realized something was missing... me.

Like most moms, I assumed I had to choose - be a mom or be myself. And being a mom meant being perfect. Every time I wasn't mindful with my daughter, lost my patience, or did not behave as compassionately as I wanted to, self-limiting beliefs such as: "I'm not good enough, unworthy as a mom, the only one who loses her cool," took over the driver's seat in my mind.

It took me years to realize that making mistakes is the only way to develop myself, find out who I am and what my trigger points and wounds are. And most importantly, it took me years to understand that making a mistake doesn't mean I AM THE MISTAKE! That I am still a mindful and amazing, sensitive mom who is determined to grow, learn, and open her heart even when I fear getting hurt. With my PARENT RELIEF Practice, I will guide you to quickly transform your mindset, something that took me years to learn:

**The most fulfilled & balanced version of yourself begins with inner kindness, self-forgiveness and letting go of trying to be perfect!**

It's time to stop judging & blaming yourself and ignoring your own needs, wasting time striving for perfection, people pleasing, and living in "survival mode."

There IS another way to approach parenthood.  
One that transforms your self-doubt and guilt first!

Hugs,

*Pia*



# Tell Yourself A Better Story

*Your mindset determines your well-being!*

Have you ever treated yourself with respect after showing poor behavior toward your child?

With each PARENT RELIEF group coaching I host, I hear time and again that parents are unintentionally telling themselves the lie: "I am an inadequate parent." Even with our best intentions, we sometimes find ourselves...

- Slamming cabinet doors or throwing the nearest object in anger when our child screams "NO" once again
- Slapping our child in a fit of anger because they were talking back and being disrespectful
- Engaging in a yelling match over wet towels on the floor, unfinished homework, or broken curfews

Our behavior is the expression of our state of mind. None of us can be compassionate when we feel stressed out or overwhelmed.

So not only is it not helpful to blame and judge ourselves. But it's also not true! Our brain simply doesn't allow us to be patient and compassionate when we are in survival mode.

In order to be with our child mindfully, we have to first:

**CALM OUR HEATED NERVOUS SYSTEM & GIVE OURSELVES COMPASSION** rather than treating ourselves like an offender.

That's why I am thrilled to guide you through the following PARENT RELIEF practice.

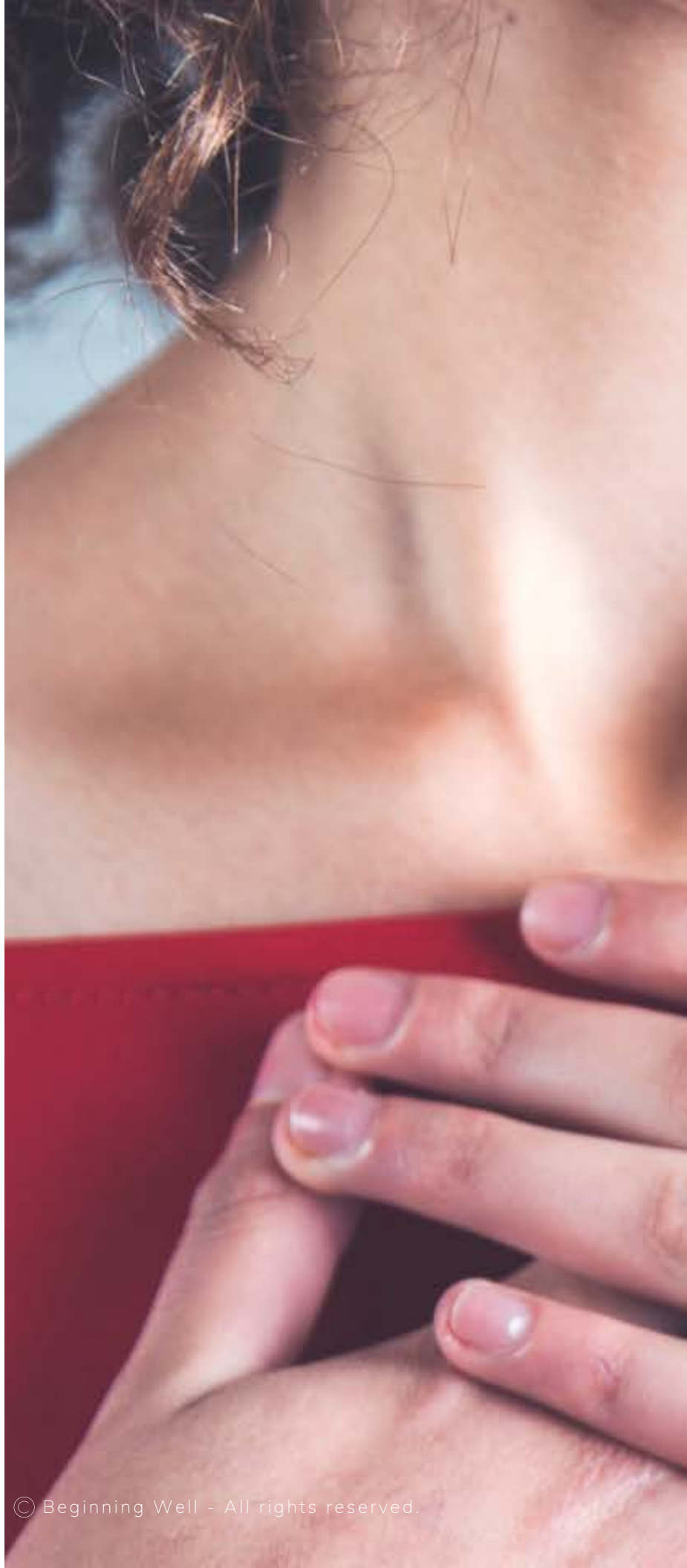


# Look at yourself with loving eyes.

For this simple experience, I invite you to recall a recent time when you behaved differently towards your child than you wanted to, when you felt ashamed and shocked by your own behavior. You felt so ashamed that you couldn't even talk about it with your closest friends,

Recall this situation with as many details as possible. Now please imagine yourself taking a seat right in front of yourself, observing the situation as a silent, objective observer.

As you observe yourself in this scene, please spontaneously (without stopping to think about it) answer the following four Parent Relief Questions:



# Parent Relief Question #1

What are you struggling with emotionally?

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# Parent Relief Questions #2

What are your underlying needs?

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## Parent Relief Questions #3

As the objective observer, do you see anything, that you really should be ashamed of? What would be something more appropriate to say about yourself?

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## Parent Relief Questions #4

As you observe yourself with love and compassion, what can you envision for yourself to bring you more ease and self-acceptance going forward?

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If we allow ourselves to look at ourselves with unconditional loving eyes, with deep understanding rather than constantly judging ourselves, we allow our nervous systems to become calm, and we can allow ourselves to feel vulnerable, to open our hearts, and share our authentic feelings with others.



# Self-acceptance isn't selfish!

Unconditional self-acceptance allows us to feel more at ease, to calm our minds, and to experience the most fulfilled and balanced version of ourselves. Doing that is wise and far from being selfish.



## THINGS TO REMEMBER

Whenever you notice that you are blaming or judging yourself, remember: You have the power to transform your mindset and take the perspective of an objective observer to help yourself recognize:

1

### YOU ARE A LOVABLE, MINDFUL PARENT

We all make mistakes small and big - which does not mean YOU ARE THE MISTAKE!

2

### YOUR MINDSET DETERMINES YOUR WELL-BEING

The moment we stop thinking that we are inadequate, not enough, or unworthy, and we allow ourselves to grow and learn as human beings, we experience relief, acceptance, new energy, and confidence that allows us to mindfully parent the way we want to.

3

### TREAT YOURSELF WITH ACCEPTANCE & RESPECT

We can't control what happens to us in life, BUT we can control how we treat ourselves and how we respond to others. The moment we accept ourselves unconditionally is the moment we become gentler, kinder, and more compassionate with others too.

*Pssst!*

*If you want to go deeper...*

It's NOT TOO LATE to get serious about mindfully parenting with ease and allowing yourself to transform all of your self-limiting habits to create the calm and cooperation you long for. My premium PARENT RELIEF membership opens for enrollment twice a year.



## **The PARENT RELIEF Membership**

For Parents with kids 0-14 to change self-judgement into self-empowerment

Imagine if one month from now you could feel...

- Less overwhelmed, guilty, or isolated
- Able to respond to your child with patience & calm
- Strongly supported by the guidance of small group coaching
- More relaxed, confident & free of self-judgment

**[CLICK HERE to save your spot today!](#)**

**AND you can get a head start with with all the free resources I offer on my [website](#) and in my [Podcast](#). See you inside!**