

Journal Prompts - Unmasking Motherhood Series

1. What behaviors or traits in my child helped me recognize similar things in myself?
2. How do I feel when I take off the 'mask' and just exist as I am?
3. What routines or environments help me feel the most regulated?
4. How has recognizing my neurodivergence changed the way I parent?
5. What would showing myself the same grace I show my child actually look like?