



During my training as a Certified Mother-Daughter Coach, I learned a powerful equation which I believe to be fundamental in the context of our mother-daughter relationships.

Feeling heard + Feeling understood = Feeling loved

When we do not feel heard or understood, we adapt. We may silence ourselves, scream to be heard or find other ways to have our voice heard. This is perfectly understandable, but this coping mechanism does not serve us or our mother-daughter relationship.



See, communication is two-sided, and both the mother and the daughter have a role to play. As they engage, the outcome can lead to conflict if they are not able to truly listen to each other, even if they both have a yearning desire to resolve their conflict. When we can truly listen to our mother/daughter they will feel seen, acknowledged, and validated and it also sets the stage for us to be heard too, which is key to our own emotional well-being.

For this to happen, there is a balancing act to be had, which requires maturity, vulnerability, effective communication, and equal contribution within the conversation which can have a profound effect on any mother-daughter relationship.

However, active listening comes with its personal challenges. You may feel compelled to have your own voice heard, to interrupt or discredit the other person's thoughts, feelings or version of events or to engage in low levels of energy such as victim mentality or anger. It is also challenging to validate the other person's experience or emotion, especially when it contradicts your own version of events or may not be aligned with your own values or belief system.

Below, I have outlined some thought-provoking questions which may raise your level of awareness regarding communication and *feeling heard* in your mother-daughter relationship.

(Feel free to print this out and add some additional notes.)

Within your mother-daughter relationship, ask yourself these insightful questions...

Do I feel heard?

Do I feel *really* heard?

Do I pave the way for myself to be heard?

Does my mother/daughter speak too much?

Do I?

What is the inner dialogue that you are telling yourself when you feel unheard?

She does not care!

She never listens!

No one listens to me!

I don't know why I bother!

I don't want to speak up!

Why doesn't she understand me?!

What impact does feeling unheard have on you?

Anger, Rage, Frustration,

Silencing, Disconnect,

Disappointment, Blame,

Confusion, Uncertainty,

Victim mentality, Crying.

What do you want instead?

I want to feel heard.

I want to feel understood.

I want to feel loved.

I want my mother/daughter to feel heard.

I want my mother/daughter to feel understood.

I want her to feel loved.

Developing our communication skills can help us tremendously within relationships, especially where there is conflict.

Where might you be struggling in terms of communicating effectively with your mother or daughter?

Would you like to..

Establish your desired communication style and actions to support this?

Speak your truth openly and effectively?

Develop/enhance your active listening skills?

Improve your tone, facial expressions and body language which is 93% of all communication?

Learn how to acknowledge another person and validate their experience and emotions?

Clarify what has been said during times of misinterpretation or confusion?

Learn ways to communicate under pressure and stress?

Challenge feelings of shame, guilt, or self-judgement?

Set healthy boundaries for yourself?

How can I best support you?

As a Certified Professional Coach (CPC) and a Certified Mother-Daughter Coach, I provide a wonderful space for you to be coached individually or as a mother-daughter couple which will support you in improving your communication skills and ultimately strengthen your mother-daughter relationship.

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