



One of the most powerful steps I have taken on my personal healing journey was completing the Mother-daughter history mapping™ exercise; created by Rosjke Hassledine, who is a mother-daughter attachment expert.

One of the distinct patterns I noticed in my mapping is that neither my grandmother, my mother nor myself had many female friends, if at all. My curiosity led me beyond the possibility of this just being a coincidence as I began to connect some of the dots. I became aware that certain behaviours of ours were showing up in how we interacted with others which I have no doubt seeped into our friendships.

*My grandmother was highly critical, my mother; emotionally disconnected and I was all-giving.*  
Were these unconscious behaviours the very reason why we were not able to develop strong female friendships?  
And more importantly, what was the root cause for each learned behaviour?



I have no doubt that our survival mechanisms were put in place to protect us, but they harmed us deeply along the way. I believe that we were missing one key ingredient which is crucial in any relationship, and I believe it to be TRUST.

If we had learned how to trust women around us, I feel that we would have been better equipped to create, nurture and sustain *emotionally* supportive and *mutually* supportive female friendships.

**But how could we learn to build trusting female friendships if we had not experienced this with our mothers?**

How could my mother build this trust if her appearance, actions, and life choices were all targeted with harsh criticism and judgement by her own mother? And how could I learn to trust if my mother appeared to be somewhat cold and emotionally disconnected?

I wonder what it would be like if things were different for the generation of women in my family, where we supported each other rather than criticised, where we allowed ourselves to be vulnerable rather than being distant and where we allowed the space to be met half-way. It is well documented that our relationship with our mother is vital for our own emotional well-being but I would add that it is vital for our female social circles too. When we *understand* our learned behaviours, strengthen our emotional language, and build our mother-daughter bond we can be so much more.

Interested in completing **your** mother-daughter history mapping? Please contact me.

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