

## **Top 15 Problems of the Under-mothered**

Do you relate to any of these common problems of the under-mothered? If so, register for one of the following class sites.

1. Holes in your sense of value and self-esteem.
2. Feeling as if you don't have enough support.
3. Difficulty accepting and advocating for your own needs.
4. Feeling undernourished and emotionally starved.
5. Difficulty taking in love and establishing intimate relationships.
6. Loneliness and feelings of not belonging.
7. Not knowing how to process feelings.
8. A pervasive sense of scarcity.
9. Sense of struggle.
10. Depression
11. Addictive behaviors
12. Feeling disempowered.
13. Not feeling safe.
14. Perfectionism and self-criticism.
15. Difficulty finding your authentic voice and following your passion.

Adapted from *The Emotionally Absent Mother* by Jasmin Lee Cori.