

Journal Questions

If you'd like to, these journal guides will help you dig that bit deeper into the topics, helping you apply the words to your own life and mind. Remove any pressure from yourself to 'complete' this guide, or write reams of notes. They are simply here for you to use if and as you wish, whether you just consider them in the quiet of your mind, write one-word answers or consult them for particular topics.

CHAPTER 7

More support

7.1 – Vital vulnerability

What does vulnerability mean to you?

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How does it feel when you are open with others? How does it feel when others are vulnerable with you?

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Who do you feel able to be honest with? How might you take further small steps of vulnerability?

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CHAPTER 7

More support

7.2 – Building boundaries

List some of the boundaries you have. Which ones are flexible, which ones are fixed?

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How does it feel when your boundaries aren't respected? How does it feel when they are?

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Note down some of the boundaries you'd like to enforce in your life and begin to notice the opportunities to invite people to respect them. E.g asking your neighbour not to ring the doorbell after 6.30pm!

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CHAPTER 7

More support

7.3 – Lightening the motherload

Write down all the things that are in your mind and on your to-do list at the moment.

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Which of these things might you be able to delegate? How can you ask for support, practically or emotionally to help you at this time?

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If you worry about being a burden on others, what words would you use to reassure a friend who felt this way?

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CHAPTER 7

More support

7.4 – Support for your mental health

I will not be inviting you to journal specifically about your mental health; should you have any concerns about how you are feeling, I'd encourage you to seek supportive guidance. You are deserving of support, please consult the contacts page.

7.5 – Support for relationships

How have your relationships changed since welcoming your baby?

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What part do assumptions about what others may be thinking or feeling play in how you feel about some of the relationships around you?

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Did any of the tips jump out to you? Which ones might you like to implement or discuss with someone?

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