

Questions for Reflection

My Mom's NOT My Friend (With Steph's Mom)

Do you think of your mom as your friend or as your mom? Reflect for a moment on your relationship.

What's been the most challenging part of the relationship between you and your mom or the mother-figure in your life?

Have you ever kept something from your mom or mother-figure because you wanted to protect her feelings? Have you ever done this to protect your own feelings? Why did you feel the need to do that?

What is your favorite memory with your mom?

Discovering
OUR SCARS



With Steph & Beth