

Is Mom Guilt Ever Really About Our Children?

1 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=ZFVDUZTULI0](https://www.youtube.com/watch?v=ZFVDUZTULI0)
<https://www.youtube.com/watch?v=ZfvDUzTuLI0>

SUMMARY

Dr. Julie Smith discusses the challenges and guilt associated with parenting, emphasizing that there is no such thing as a perfect parent. She reflects on her experiences with her children and the pressures that come from societal expectations, while also highlighting the importance of self-awareness and listening to one's own feelings of guilt.

- *Parenting often comes with feelings of guilt, especially when balancing personal ambitions and family responsibilities.*
- *There is no perfect parenting model; unconscious patterns can influence behavior without awareness.*
- *Societal pressures can create an internal battle about what parents "should" be doing.*
- *Acknowledging and listening to feelings of guilt can be important for personal growth.*
- *Personal experiences, such as fears or challenges, can shape parenting approaches.*
- *The journey of being a public figure can shift perspectives on parenting and life balance.*
- *Humbling moments with children can lead to deeper reflections on parenting practices.*

Oh my god, I'm such a bad parent. How dare you? When you've got all these great opportunities, how dare you squander them and say no. How do I turn this around? How do I make this better? [music] >> A really powerful voice in the world of mental health education. Not say, "Oh, I wish you didn't have to write books." Then you realize, "Oh my gosh, this is not a winnable game." It's the fabulous Dr. Julie Smith. It's a very noisy household. There's lots going on.

They're great ages [music] really. 6, 10, and 12. when it's a chance to do good in the world and you're focusing on your own children. That's guilt as well. But that's a an imposing pressure, isn't it? I'm so sorry, mom and dad. Because you just don't know until you know. We have that internal battle then, don't we, around everyone [music] else seems to think I should be doing everything. I'd just love to do this. There's no perfect parent because there's always those unconscious patterns that are playing out that you're not particularly focused on. I always had a fear of heights growing up. I really didn't want to pass that on to them. And you can have guilt and some of that guilt needs [music] to be listened to because it's your conscience. I didn't ever imagine I would be a sort of public person [music] even. It was just a monumental shift in my life. There have been times when one of the kids has said something and have really sat with it and thought it through. Especially with the work life balance stuff really. What has been the most humbling experience [music] for you as a mother?

>> My daughter was watching me and type the word follow to get a link to my podcast.