

We women have copy paste issues Here they are...

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SUMMARY

The speaker, a therapist with extensive experience working with women over 40, identifies common emotional struggles rooted in childhood experiences. She emphasizes the need for mothers to break the cycle of self-doubt and body shaming by raising their daughters with a strong sense of self-worth.

- Many women over 40 share similar emotional wounds, including a relentless inner critic and body shaming.*
- These issues often stem from childhood experiences where emotions were dismissed and perfection was prioritized.*
- Women frequently compare themselves to others and fear stepping into their power.*
- A pervasive feeling of inadequacy and the desire for parental approval persists into adulthood.*
- To prevent passing these wounds to their daughters, mothers must raise them differently.*
- The speaker has created a workshop aimed at equipping mothers with tools to foster self-worth in their daughters.*
- The goal is to empower girls to embrace their authenticity before societal pressures lead them to abandon it.*

As a therapist, I have now worked with over thousands and thousands of women over the age of 40. Okay? Different lives, different careers, look different, different families. But let me tell you, my dear sisters, beneath it all, I see the same patterns, the same wounds. It's like copy paste. What do I see? A relentless inner critic that bloody never turns off. Body shaming that started before they even hit puberty. and a constant habit of comparing themselves to other women. You know, you and I do this as well. And a morbid dread, okay, not just a fear, a dread of their own sexuality, of simply not being enough. And of course, a ubiquitous fear of stepping into their power. And underneath it all is this quiet, dull, aching voice that's still asking, "Am I good enough? Is my mommy proud of me? Does my dad truly see me?"

You see, these wounds, they don't start at 40. They started at 4 and at 7 and at 12. They began in our childhoods in moments where our emotions were dismissed, where we saw that perfection was rewarded over presence and authenticity. We saw that our love needed to be earned and it wasn't freely given. And as little girls, we grew into women who may look like we have it all together, but we still doubt ourselves. We still shrink to be liked. We still silence ourselves in order to keep the peace. And if we don't want our daughters to carry these same wounds, well, we need to raise them differently.

We have to become the mothers that we always needed so that we can raise our daughters to become the ways we wish we could have been. Right? This is how we need to break the pattern. We need to do it. And this is why I created my new raising conscious daughters workshop to help us mothers break the cycle. And I will give you

the tools to raise a girl who is rooted in her worth before the world teaches her to abandon it. Type the words save her down below and I will send you all the details.