

STELLAR *Life*

Hosted By *Orion*

Healing Toxic Mother-Daughter Relationship

10 Point Checklist

Karen C.L. Anderson

Want to gain as much knowledge as possible out of this episode? Here is your **10 point checklist** that gives you actionable steps you can take **TODAY** to start living a Stellar Life!

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10 STEPS YOU CAN TAKE TODAY

Take charge of your health, wellness, and success.
Here are 10 steps that can move you closer to your goals – today.

- Check your relationship with your mother and find out if you are struggling with unhealthy codependency. Sometimes people fail to notice there's something wrong when a situation is the only thing they know.
- Continue your journey to self-discovery. You and your mother are two unique human beings with different views and opinions.
- Accept that there is no perfect relationship. The best thing you can do for each other is to keep trying and give each other space to grow.
- Work on mending trauma together by keeping your communication open and respectful. Seek counseling if necessary.
- Don't hold back emotions until it's too much to handle for you. It's okay to be sad, angry, or ashamed. What matters is that you deal with your emotions appropriately and not dwell in them for too long.
- Create healthy boundaries between you and your mother. It's okay to say "no" sometimes, especially when you feel like you're giving too much.
- See your mom as a person and not just a mother as well. Huge expectations are usually put upon them that it's easily forgotten they're humans too who make mistakes.
- Avoid delimiting beliefs that can taint how you see yourself and the world. Always remind yourself that you are enough and that you are doing your best, especially during difficult times.
- Invest in spending time and nurturing good relationships with your loved ones. This is the best investment you can ever have.
- Grab a copy of Karen C.L. Anderson's book, [Difficult Mothers, Adult Daughters: A Guide For Separation, Liberation & Inspiration](#).