The Emotionally Absent Mother

Jasmin Lee Cori

The groundbreaking guide to self-healing and getting the love you missed “Years ago, I was on vacation and read The Emotionally Absent Mother. That book was one of many that woke me up. . . . I began the process of reparenting and it’s changed my life.”—Dr. Nicole LePera, New York Times–bestselling author of How to Do the Work Was your mother preoccupied, distant, or even demeaning? Have you struggled with relationships—or with your own self-worth? Often, the grown children of emotionally absent mothers can’t quite put a finger on what’s missing from their lives. The children of abusive mothers, by contrast, may recognize the abuse—but overlook its lasting, harmful effects. Psychotherapist Jasmin Lee Cori has helped thousands of men and women heal the hidden wounds left by every kind of undermothering. In this second edition of her pioneering book, with compassion for mother and child alike, she explains:

Possible reasons your mother was distracted or hurtful—and what she was unable to give
The lasting impact of childhood emotional neglect and abuse
How to find the child inside you and fill the “mother gap” through reflections and exercises
How to secure a happier future for yourself (and perhaps for your children).

The Emotionally Absent Mother, Second Edition: How to Recognize and Cope with the Invisible Effects of Childhood Emotional Neglect (Second) Jasmin Lee Cori, 2017-04-18

Was your mother too busy, too tired, or too checked-out to provide you with the nurturing you needed as a child? Men and women who were “undermothered” as children often struggle with intimate relationships, in part because of their unmet need for maternal care. The Emotionally Absent Mother will help you understand what was missing from your childhood, how this relates to your mother’s own history, and how you can fill the “mother gap” by: Examining the past with compassion for yourself and your mother Finding the child inside of you and learning to mother yourself Opening to the archetype of the Good Mother Allowing friends and loved ones to provide support, guidance, and other elements of good mothering that you missed Through reflections, exercises, and clear explanations, psychotherapist Jasmin Lee Cori helps adult sons and daughters heal the wounds left by mothers who failed to provide the essential ingredients that every child needs. She traces perceived personal “defects” back to mothering deficits, relieving self-blame. And, by teaching today’s undermothered adults to cultivate the mothering they missed, she helps them secure a happier future—for themselves and their children.

Summary of Jasmin Lee Cori's The Emotionally Absent Mother Everest Media, 2022-03-22T22:59:00Z

Please note:
This is a companion version & not the original book. Sample Book Insights: #1 The tree of life is a natural symbol for mothering. With its fruits and flowers, with birds and animals in and around it, it provides both shelter and supply. It is like a fountain of abundance. #2 We are made of our mothers, and we are shaped by them. The way we see ourselves and our sense of self-esteem are heavily influenced by our mother. She is not the only influence on us, but she and our interactions with her provide the basic building materials for all of these things. #3 The term mother can refer to any adult who takes on a caring, nurturing, and protective role in your life. This can include an adoptive mother, grandmother, or stepmother; even the right father can fill these shoes. #4 The good-enough mother is the one who provides enough for a child to have a good start in life. She is not always going to be perfect, but she must know how to make things right when she misses.

The Emotionally Absent Mother J. L. Anderson, 2014-12-17 The Emotionally Absent Mother is a practical guide to understanding and working out the pain of being emotionally abandoned as a child. Insightful explanations offer new perspectives on old problems. The exercises in the book can direct you through your emotional numbness or distress and into a brighter future. The book describes how the trauma of emotional abuse can get started. It lists and describes the symptoms of emotional abandonment. In later chapters, the book tells you what to do about it now that you are an adult and offers not only hope, but a method to reach the goals of becoming emotionally connected with others in a healthier way and becoming freer and more independent. It belongs on the to-be-read list of adults who still suffers the pain of being an emotionally abandoned child, as well as those who care about them. Here Is A Preview Of What You’ll learn: What exactly is an Emotionally Absent Mother? Describes the symptoms of emotional abandonment. Recognize Why Your Mother Was Emotionally Absent. How to Forgive Your Mother and Forgive Yourself How to Face Feelings of Anger, Resentment and Hurt How to Separate Past Emotions from Your Current Situation Much, much more.

Summary of J.L. Anderson's The Emotionally Absent Mother Everest Media, 2022-05-23T22:59:00Z Please note: This is a companion version & not the original book. Sample Book Insights: #1 Emotional abandonment is when a parent does not provide the emotional nurturing a child needs. It is common for people to assume that such a loss will affect the adult child’s life, but they rarely understand the impact emotional abandonment has on the present. #2 Emotionally absent mothers often expect their children to take care of them in some way. They might have relied on you for their emotional and physical well-being, and they might have demanded that you take care of younger siblings when you were actually too young for such a responsibility. #3 When you have been raised by an emotionally absent mother, you are really struggling with fear of abandonment. As a child, you needed your mother to develop a positive self-image, but she did not pay attention to you or spend any significant time with you. #4 To heal the scars from your childhood, you must first understand why it happened. You must recognize that the problem was never about you, but about your mother’s own issues.

Summary of Jasmin Lee Cori's The Emotionally Absent Mother Milkyway Media, 2022-05-03 Please note: This is a
companion version & not the original book. Book Preview: #1 The tree of life is a natural symbol for mothering. With its fruits and flowers, with birds and animals in and around it, it provides both shelter and supply. It is like a fountain of abundance. #2 We are made of our mothers, and we are shaped by them. The way we see ourselves and our sense of self-esteem are heavily influenced by our mother. She is not the only influence on us, but she and our interactions with her provide the basic building materials for all of these things. #3 The term mother can refer to any adult who takes on a caring, nurturing, and protective role in your life. This can include an adoptive mother, grandmother, or stepmother; even the right father can fill these shoes. #4 The goodenough mother is the one who provides enough for a child to have a good start in life. She is not always going to be perfect, but she must know how to make things right when she misses.

The Emotionally Absent Mother Michele Gilbert, 2015-04-07 Life for you hasn't been easy. You are currently in a relationship that is doing more harm than good, and are working a job that you never seem to be able to execute perfectly. While others are enjoying life in all of its fullness, you feel like you are in a rat race that gets more competitive by the minute. What is my problem, you ask. Why can't I just sit back and enjoy life? Blame it on your mother. That's right! Your mom and her emotional absence has a lot to do with your current state in life. Emotionally Absent Mothers will delve into your mother's apathy, and why such lack of compassion may not be her fault. This book will also help you find ways to cope with the pain that you suffered as a child, as well as look past the scars to see a better future. Download: The Emotionally Absent Mother: Overcome Childhood Emotional Neglect And Begin To Heal Yourself You'll Learn... What is Emotional Absence? Mom Wasn't There... Deal With It Try Forgiveness Let the Past Stay There Embrace the Future Would You Like To Know More? Download your copy today! Scroll back up to the top and select the BUY button

Recovering from Emotionally Immature Parents Lindsay C. Gibson, 2019-05-01 In this sequel to the New York Times bestseller, Adult Children of Emotionally Immature Parents, author Lindsay Gibson offers powerful tools to help you step back and protect yourself at the first sign of an emotional takeover, make sure your emotions and needs are respected, and break free from the coercive control of emotionally immature parents. Growing up with emotionally immature (EI) parents can leave you feeling lonely and neglected. You may have trouble setting limits and expressing your feelings. And you may even be more susceptible to other emotionally immature people as you establish adult relationships. In addition, as your parents become older, they may still treat your emotions with mockery and contempt, be dismissive and discounting of your reality, and try to control and diminish your sense of emotional autonomy and freedom of thought. In short, EIs can be self-absorbed, inconsistent, and contradictory. So, how can you recover from their toxic behavior? Drawing on the success of her popular self-help book, Adult Children of Emotionally Immature Parents, author Lindsay Gibson offers yet another essential resource. With this follow-up guide, you’ll learn practical skills to help you recognize the signs of an EI, protect yourself against an emotional takeover, reconnect with your own emotions and needs, and gain emotional autonomy in all your
relationships. This is a how-to book, with doable exercises and active tips and suggestions for what to say and do to increase emotional autonomy and self-awareness. If you’re ready to stop putting your own needs last, clear the clutter of self-doubt, and move beyond the fear of judgment and punishment that’s been instilled in you by emotionally immature parents, this book will help you find the freedom to finally live your life your way.

**Healing from the Emotionally Absent Mother** Christy Lincoln, 2022-04-19
Make peace with your past and embrace your present Your relationship with your mother was central to your development. If her emotional care was lacking, it may have led to anxiety and self-esteem issues that persist into adulthood. This journal helps you examine the true impact of her emotional absence and teaches you strategies to work through the self-doubt and damage to your mental health. What sets Healing from the Emotionally Absent Mother apart from other journals: Powerful prompts--Reflect on your relationship with your mother through thought-provoking prompts that help you overcome feelings of sadness and shame so that you can start prioritizing your needs today. Effective exercises--Begin healing with exercises that emphasize self-care, like engaging in soothing mindfulness practices and compiling a list of healthy coping strategies. An inviting approach--Feel safe to explore your past openly and honestly with this welcoming journal that offers clinically proven guidance and a supportive tone. Acknowledge the impact of your mother’s shortcomings and liberate yourself from the past with help from this healing journal.

**Healing from an Emotionally Absent Mother** Jasmin Lee Cori, 2024-09-24
An indispensable hands-on guide to healing from the long-lasting effects of childhood emotional neglect from the author of the groundbreaking The Emotionally Absent Mother

**Adult Children of Emotionally Immature Parents** Lindsay C. Gibson, 2015-06-01
Now a New York Times bestseller! If you grew up with an emotionally immature, unavailable, or selfish parent, you may have lingering feelings of anger, loneliness, betrayal, or abandonment. You may recall your childhood as a time when your emotional needs were not met, when your feelings were dismissed, or when you took on adult levels of responsibility in an effort to compensate for your parent’s behavior. These wounds can be healed, and you can move forward in your life. In this breakthrough book, clinical psychologist Lindsay Gibson exposes the destructive nature of parents who are emotionally immature or unavailable. You will see how these parents create a sense of neglect, and discover ways to heal from the pain and confusion caused by your childhood. By freeing yourself from your parents’ emotional immaturity, you can recover your true nature, control how you react to them, and avoid disappointment. Finally, you’ll learn how to create positive, new relationships so you can build a better life. Discover the four types of difficult parents: The emotional parent instills feelings of instability and anxiety, The driven parent stays busy trying to perfect everything and everyone, The passive parent avoids dealing with anything upsetting, The rejecting parent is withdrawn, dismissive, and derogatory
**Mother Hunger** Kelly McDaniel, 2021-07-20 An insatiable need for sex and love. Periods of overeating or starving. A pattern of unstable and painful relationships. Does this sound painfully familiar? Trauma counselor Kelly McDaniel has seen these traits over and over in clients who feel trapped in cycles of harmful behaviors-and are unable to stop. Many of us find ourselves stuck in unhealthy habits simply because we don’t see a better way. With Mother Hunger, McDaniel helps women break the cycle of destructive behavior by taking a fresh look at childhood trauma and its lasting impact. In doing so, she destigmatizes the shame that comes with being under-mothered and misdiagnosed. McDaniel offers a healing path with powerful tools that include therapeutic interventions and lifestyle changes in service to healthy relationships. The constant search for mother love can be a lifelong emotional burden, but healing begins with knowing and naming what we are missing. McDaniel is the first clinician to identify Mother Hunger, which demystifies the search for love and provides the compass that each woman needs to end the struggle with achy, lonely emptiness, and come home to herself.

**Healing From an Emotionally Absent Mother** Jasmin Lee Cori, 2025-01-07 A new workbook to accompany the groundbreaking guide to self-healing and getting the love you missed.⭐⭐⭐⭐⭐ OVER 2000 5-STAR REVIEWS FOR THE EMOTIONALLY ABSENT MOTHER⭐⭐⭐⭐⭐ Distant, emotionally neglectful parenting creates wounds that follow children well into adulthood. As you deal with the impacts as an adult, you might find yourself wondering, Why do I fly into reactive feelings so easily? Why is it so hard to attend to my own needs? Why is it hard for me to trust people to be there for me? Do I need to hide parts of myself to be lovable? If you're searching for a way to let go of the pain caused by insufficient mothering, learn to provide yourself with the love you didn’t get as a child, and live a more nourished and fulfilled life, Healing from an Emotionally Absent Mother can help. Distilling key takeaways from the groundbreaking book The Emotionally Absent Mother and offering new insights into the legacy left by emotional neglect, this workbook is designed to guide healing with accessible lessons as you: Uncover your childhood experience of emotional neglect Identify the ongoing impacts of this neglect Reclaim the pieces of yourself you changed or hid for Mother's sake Reparent your young self Take advantage of the healing resources available to you Learn to accept the love others offer you Personal inventories, journaling prompts, small-group discussion questions, and many more hands-on exercises will help you identify the needs that went unmet during childhood and move past the hurt.

**Running on Empty** Jonice Webb, 2012-10-01 A large segment of the population struggles with feelings of being detached from themselves and their loved ones. They feel flawed, and blame themselves. Running on Empty will help them realize that they’re suffering not because of something that happened to them in childhood, but because of something that didn’t happen. It's the white space in their family picture, the background rather than the foreground. This will be the first self-help book to bring this invisible force to light, educate people about it, and teach them how to overcome it.

**Mothers Who Can't Love** Susan Forward, Donna Frazier Glynn, 2013-10-01 With Mothers Who Can't Love: A Healing
Guide for Daughters, Susan Forward, Ph.D., author of the smash #1 bestseller Toxic Parents, offers a powerful look at the devastating impact unloving mothers have on their daughters—and provides clear, effective techniques for overcoming that painful legacy. In more than 35 years as a therapist, Forward has worked with large numbers of women struggling to escape the emotional damage inflicted by the women who raised them. Subjected to years of criticism, competition, role-reversal, smothering control, emotional neglect and abuse, these women are plagued by anxiety and depression, relationship problems, lack of confidence, and difficulties with trust. They doubt their worth, and even their ability to love. Forward examines the Narcissistic Mother, the Competitive Mother, the Overly Enmeshed mother, the Control Freak, Mothers who need Mothering, and mothers who abuse or fail to protect their daughters from abuse. Filled with compelling case histories, Mothers Who Can’t Love outlines the self-help techniques Forward has developed to transform the lives of her clients, showing women how to overcome the pain of childhood and how to act in their own best interests. Warm and compassionate, Mothers Who Can’t Love offers daughters the emotional support and tools they need to heal themselves and rebuild their confidence and self-respect.

Qian que mu ai de hai zi, ni de shang hao le ma? Jasmin Lee Cori, 2023-02-09

Traditional Chinese edition of The Emotionally Absent Mother

Healing from Trauma Jasmin Lee Cori, 2009-04-27

Psychotherapist and trauma survivor Jasmin Lee Cori offers new insight into trauma-related difficulties (including PTSD, depression, substance abuse), provides self-care tools, candor about therapy and medications, and addresses spiritual issues. While there are many different approaches to healing trauma, few offer a wide range of perspectives and options. With innovative insight into trauma-related difficulties, Jasmin Lee Cori helps you: Understand trauma and its devastating impacts; Identify symptoms of trauma (dissociation, numbing, etc.) and common mental health problems that stem from trauma; Manage traumatic reactions and memories; Create a more balanced life that supports your recovery; Choose appropriate interventions (therapies, self-help groups, medications and alternatives); Recognize how far you've come in your healing and what you need to keep growing. Complete with exercises, healing stories, points to remember, and resources, this is a perfect companion for anyone seeking to reclaim their life from the devastating impacts of trauma.

Daughter Detox Peg Streep, 2017

A self-help book based in science, the result of more than a decade of research, Daughter Detox offers the daughters of unloving mothers vital information, guidance, and real strategies for healing from childhood experiences, and building genuine self-esteem. Writer Peg Streep lays out seven distinct but interconnected stages on the path to reclaim your life from the effects of a toxic childhood: DISCOVERY, DISCERNMENT, DISTINGUISH, DISARM, RECLAIM, REDIRECT, and RECOVER. Each step is clearly explained, and richly detailed with the stories of other women, approaches drawn from psychology and other disciplines, and unique exercises. The book will help the reader tackle her own
self-doubt and become consciously aware of how her mother's treatment continues to shape her behavior, even today. The message of the book is direct: What you experienced in childhood need not continue to hold you back in life. What was learned can be unlearned with effort. The book begins with DISCOVERY, opening up the reader's understanding of how she has been wounded and influenced by her mother's treatment. Recognizing the eight toxic maternal behaviors-dismissive, controlling, emotionally unavailable, unreliable, self-involved or narcissistic, combative, enmeshed, or role-reversed-lays the foundation for the daughter's awareness of how her way of looking at the world, connecting to others, and ability to manage stress were affected. DISCERNMENT delves into the patterns of relationship in her family of origin and how they played a part in her development, and then shifts to looking closely at how the daughter adapted to her treatment, either silencing or losing her true self in the process. Next up is DISTINGUISH, seeing how the behavioral patterns we learned in childhood animate all of our relationships in the present with lovers and spouses, relatives, friends, neighbors, and colleagues. The act of distinguishing allows us to see why so many of us end up in unsatisfying relationships, chose the wrong partners, or are unable to develop close friendships. Active recovery begins with DISARM as the daughter learns how to disconnect unconscious patterns of reaction and behavior and substitute actions that will foster the growth of self-esteem. Understanding the triggers that set us off, the cues that put us on the defensive, and the default positions of blaming ourselves and making excuses for other people's toxic behavior are addressed, as are unhealthy behaviors such as rumination, rejection sensitivity, and more. RECLAIM is the stage at which the reader begins to actively make new choices, preparing herself so that she can live the life she desires by seeing herself as having agency and being empowered. Making new choices and figuring out how to manage her relationship to her unloving or toxic mother is the focus of REDIRECT. There are stories to inspire and challenge your thinking, exercises that show you how to swap out self-criticism for self-compassion, guidance on how to use journaling as a tool of self-discovery and growth, and advice on goal setting. Finally, RECOVER challenges the reader to come up with a new definition of what it means to heal, suggests tools to overcome the obstacles she places in her own way, and strategies to become the best, most authentic version of herself.

*Growing Up Again* Jean Illsley Clarke, Connie Dawson, 2009-07-31 Growing Up Again offers guidance on providing children with the structure and nurturing that are so critical to their healthy development -- and to our own. As time-tested as it is timely, the expert advice in Growing Up Again Second Edition has helped thousands of readers improve on their parenting practices. Now, substantially revised and expanded, Growing Up Again offers further guidance on providing children with the structure and nurturing that are so critical to their healthy development -- and to our own. Jean Illsley Clarke and Connie Dawson provide the information every adult caring for children should know -- about ages and stages of development, ways to nurture our children and ourselves, and tools for personal and family growth. This new edition also addresses the special demands of parenting adopted children and the problem of overindulgence; a recognition and
exploration of prenatal life and our final days as unique life stages; new examples of nurturing, structuring, and discounting, as well as concise ways to identify them; help for handling parenting conflicts in blended families, and guidelines on supporting children's spiritual growth. About the Authors: Jean Illsley Clarke is a parent educator, teacher trainer, the author of Self-Esteem: A Family Affair, and co-author of the Help! for Parents series. She is a popular international lecturer and workshop presenter on the topics of self-esteem, parenting, family dynamics, and adult children of alcoholics. Clarke resides in Plymouth, Minnesota. Connie Dawson is a consultant and lecturer who works with adults who work with kids. A former teacher, she trains youth workers to identify and help young people who are at risk. Dawson lives in Evergreen, Colorado.

**Discovering the Inner Mother** Bethany Webster, 2021-01-05
Sure to become a classic on female empowerment, a groundbreaking exploration of the personal, cultural, and global implications of intergenerational trauma created by patriarchy, how it is passed down from mothers to daughters, and how we can break this destructive cycle. Why do women keep themselves small and quiet? Why do they hold back professionally and personally? What fuels the uncertainty and lack of confidence so many women often feel? In this paradigm-shifting book, leading feminist thinker Bethany Webster identifies the source of women’s trauma. She calls it the Mother Wound—the systemic disenfranchisement of women by the patriarchy—and reveals how this cycle is perpetuated by wounded mothers who unconsciously pass on damaging beliefs and behaviors to their daughters. In her workshops, online courses, and talks, Webster has helped countless women re-examine their lives and their relationships with their mothers, giving them the vocabulary to voice their pain, and encouraging them to share their experiences. In this manifesto and self-help guide, she offers practical tools for identifying the manifestations of the Mother Wound in our daily life and strategies we can use to heal ourselves and prevent our daughters from enduring the same pain. In addition, she offers step-by-step advice on how to reconnect with our inner child, grieve the mother we didn’t have, stop people-pleasing, and, ultimately, transform our heartache and anger into healing and self-love. Revealing how women are affected by the Mother Wound, even if they don’t personally identify as survivors, Discovering the Inner Mother revolutionizes how we view mother-daughter relationships and gives us the inspiration and guidance we need to improve our lives and ultimately create a more equitable society for all.

Reviewing *The Emotionally Absent Mother*: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "The Emotionally Absent Mother," an enthralling opus penned by a highly acclaimed wordsmith,
readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book’s central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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The Emotionally Absent Mother Introduction

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