



**Daisy**  
NYAWIRA



7-WEEK PARTICIPANT WORKBOOK

# *Break the Cycle*

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*Heal the Mother Wound —  
An African Perspective*

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EMDR Level 1 Certified

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Name:

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Date:

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**Confidential — For Participant Use Only**

This workbook is a companion to the Break the Cycle course. The work asks you to hold two truths at once: that your mother may have loved you deeply, and that some of what was missing may still have shaped you. The aim is not to build a case against your mother. It is to understand what happened — and what you now have the power to change.

WEEK 1 · THE FIRST WOUND

# The First Wound

*What the mother wound actually is — and why it so often exists alongside genuine love.*

What is my first memory of my mother?

When I think about our relationship, what emotion comes first?

What did I need from my mother that I didn't consistently receive?

**Closing reflection for Week 1:**

What is one word that describes how you feel having worked through this section?

WEEK 2 · WHAT HAPPENED TO OUR MOTHERS

# What Happened to Our Mothers

*Before she was your mother, she was somebody's daughter.*

What do I know about my mother's childhood?

What pressures or losses was she navigating before I was born?

Does understanding her context change anything for me?

**Closing reflection for Week 2:**

What is one word that describes how you feel having worked through this section?

WEEK 3 · MOTHER HUNGER

Mother Hunger

*The deep longing for maternal nourishment that was not fully received.*

Where do I feel the "hunger" in my life today?

In what ways have I tried to fill this hunger?

What would it feel like to have received what I needed?

Closing reflection for Week 3:

What is one word that describes how you feel having worked through this section?

WEEK 4 · THE EMOTIONALLY ABSENT MOTHER

The Emotionally Absent Mother

*The mother who was present — and somehow not quite there.*

Was my mother emotionally present? What does that mean to me?

What emotions were safely expressible around her?

How did I adapt to her emotional unavailability?

Closing reflection for Week 4:

What is one word that describes how you feel having worked through this section?

WEEK 5 · WHEN LOVE CAME WITH CONDITIONS

When Love Came With Conditions

*The critical mother and the daughter still trying to be enough.*

Were there conditions on my mother's approval or warmth?

What critical messages did I absorb? Are they still active?

What would unconditional love from my mother have felt like?

Closing reflection for Week 5:

What is one word that describes how you feel having worked through this section?

WEEK 6 · PARENTIFICATION

Parentification

*When the daughter became the mother.*

Was I parentified? In what ways?

What responsibilities were placed on me as a child?

What would it feel like to put down what was never yours to carry?

Closing reflection for Week 6:

What is one word that describes how you feel having worked through this section?

WEEK 7 · HEALING THE MOTHER WOUND

# Healing the Mother Wound

*What healing actually is — and what it is not.*

What does healing mean to me at this point?

What grief do I still need to allow?

What is one thing I am committing to carry forward from this work?

**Closing reflection for Week 7:**

What is one word that describes how you feel having worked through this section?

*"Your mother loved you — and her love, as real as it was, still left a mark.  
Both of those things are true."*

— Daisy Nyawira

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