

The Good Daughter Report

When “good” for mom becomes bad for you?

As the daughter, trapped in the role of Good Daughter, **your attunement to your mother’s needs have put her needs ahead of yours in ways that are bad for you.**

Let me explain:



On the extreme end of the continuum, your mother has a personality disorder, narcissistic, borderline, histrionic that prevent her from supporting your independence. Or, on the milder end, she has a difficult personality and has trouble letting you go.

For whatever reason, if you are in this good daughter role, your mother’s needs are overshadowing yours.

Your mother's needs may have been at the center of your relationship for so long, you don't question it.

You might not know this imbalance is at the heart of your misery.



Let's consider how being good for mom has become bad for you.

1. Mom needs to remain relevant, needed and in charge. **Because of her need, she remains critical of you. As a result, you never feel good enough.** What you don't understand, can't understand, is there is nothing wrong with you.

2. Mom needs to blur the line between you and her so that she can keep you close to meet her needs. **Your boundaries have been violated so often you don't know any other way.** You may find yourself hiding things from her and then feel bad about yourself for doing so.

3. Because she can't support your independence, Mom makes it difficult for you to differ. **You can't say "no" to mom without feeling guilty.** You don't want to rock the boat but feel more and more resentful when you don't stand up for yourself.

4. Mom needs you to look good to make her look good. **You feel pressured to be a good example.** In this relationship dynamic you aren't allowed to make mistakes or struggle. When you do struggle, instead of feeling human, you feel ashamed.

These are the costs of being the Good Daughter.

* This isn't anti-mom. This is pro-healthy independence.

Healthy separation empowers all women.



You want to be free to live your life without mom's judgment or interference. This is natural and normal. You can learn to live a life that pleases you.

Create life on your own terms; separate, independent and confident.

You can rise up, find your voice and break free of this syndrome.

The way free is not easy but it is possible and necessary.



I can show you how.

Stay with me as I send you your video mini-session to help you on your journey from good daughter to empowered woman.

I have healing insights and answers for you.

Stay close,

Katherine Fabrizio

Empowering women one mother/daughter relationship at a time