

Title:  
Ghost Mothers

Word Count:  
521

Summary:  
Mothers who are neglectful, selfish, and abandoning do not set out to do these things, they are

Keywords:  
mother daughter abandonment, healing, families, memoirs, acceptance, depression

Article Body:  
So many women talk about their relationships with their mothers'no matter how old they are. For  
For others, the mother still occupies the psyche, but with a wrenching kind of longing'a mother  
Which kind of mother do you have?

My mother was a dream. I realize now, 10 years after her death, that I was always trying to get  
When I was little, she left me when I was four years old, and once a year appeared in the land

So many people'men and women'struggle with this kind of emptiness, the burn of anger in the pit  
Mothers who are neglectful, selfish, and abandoning do not set out to do these things, they are

How to help to heal the Ghost Mother wound:

1. Learn about your mother's life'how she became the way she is'through talking with relatives,
2. Find adoptive mothers who will nurture you, and friends who understand your story.
3. Learn to mother yourself'through therapy, through having children of your own. They will teach
4. Write your story. Tell your story. Having witnesses to your story is a part of healing. See
5. Learn to forgive. Work on it. Work on being yourself and having a life you like and enjoy.
6. Learn to surround yourself with who you like, people who love and like you, and beauty that

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