



## **The True Test of Motherhood**

**By: Gretchen Reid**

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The true test of motherhood does not come when you are out on a play date, going to the zoo, or doing the things you love to do with your children. The true test of motherhood shows up when you are completely depleted, just want to escape, and things aren't going your way...and then...the cries, the whines...aaaaaahhh. Temporary insanity or pull yourself back to center? Which will you choose? Choose? Like I have a choice? YES! I chose to fail the other day, when the door slammed and the picture fell off the wall while my son wailed from inside his bedroom. Breakdown. I arrived. And so have you if you are at all human.

The power of choice comes from awareness. If you are aware of the phases of transition and you pay attention to your thoughts, physical sensations, and emotions you can shift in the moment and return to a state of stability or centeredness. It takes practice and patience, but over time, you will experience the success of traversing both large scale life transitions such as having a baby, moving, or going back to work, as well as those daily buggers such as nap time, getting in the car, leaving a play date, or separating from your child for the day.

Below are the phases of transition, their definitions, signs to be aware of, and things you can do to make your transition a bit smoother. Every transition does not necessarily follow these phases in order. In fact, the better you get at knowing when you are in imbalance and being able to address that imbalance the more often you can skip directly to exploration or shift when you notice the imbalance coming on. This is a process of self awareness and you may find that you are very aware that you are slipping into breakdown and are unable or unwilling to stop yourself. At times breakdown may be just the thing you need for true release or to be heard by yourself or others. Just keep it safe and be aware of how often you go there. It should not be a common occurrence and if it is, it may be time to reach out for support.

### **Motherhood Transitions**

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## PHASES OF TRANSITION

Phase	Definition	Signs	What to do
<b>Imbalance</b>	The state or condition of lacking balance, as in proportion or distribution	Physical tension, fatigue, emotional weakness, thoughts of life being unfair or feeling like there is not enough of this or that	Be aware of your physical and emotional state of being, listen to internal messages, needs, and desires. Take action from the messages you receive, communicate needs and boundaries to others, ask for what you need and accept help. Reach out to friends, family, or a personal coach.
<b>Breakdown</b>	Sudden loss of ability to function efficiently or effectively, a typically sudden collapse in physical or mental health	Crying, yelling, physical outburst, freezing, irresponsibly leaving either physically or emotionally, fighting, quick to lose patience	Stop and breath, remove yourself from the situation if possible, identify the source of your breakdown, notice the gap between what is and what you desire. Reach out for appropriate level of assistance – friends, family, coach, psychologist, etc.
<b>Exploration</b>	An act or instance of exploring or investigating	Researching and discussing options, being introspective, exploring outside self and internally	Explore options, discuss with friends, family, coach, counselor, etc. Explore your underlying beliefs around the situation and adopt beliefs that will support your true desires.
<b>Shift</b>	To put something aside and replace it by another or others, manage to get along, succeed by oneself, a new way of being	Expressing what was and embracing what is, finding the logic, comfort, or acceptance in something	Surround self with supportive people, change practices or environment to support the shift.
<b>Stability</b>	The state or quality of being stable	Expressing a level of comfort, contentment, joy or happiness, experiencing a return to true self	Enjoy the comfort zone, utilize this time to pamper and nurture yourself and others.
<b>Growth</b>	The process of growing,	Experiencing a spiritual or	Continue to explore and

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	maturing, developing from a lower/simpler to a higher or more complex form	intellectual awakening, developing a new part of self	take yourself to the next level.
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Phases of Transition Copywrited © by Motherhood Transitions

Gretchen is available for consultation and coaching in the area of life transitions.

For more information about her services see her websites:

[www.motherhoodtransitions.com](http://www.motherhoodtransitions.com)

[www.integratedgrowth.com](http://www.integratedgrowth.com)

For a free consultation contact Gretchen to set up your appointment:

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***October Workshop Registration is Now Open:  
Back By Popular Demand***

#### **WHAT ARE YOU ATTRACTING?**

Would you like to have more peace, balance, meaningful relationships, and a keen ability to make attuned choices for yourself and your family? We are attracting something into our lives at every moment, with every thought and feeling. What are you attracting?

In this workshop you will:

- Take a snap shot into your life as it is currently
- Utilize proven techniques to create the life you choose
- Establish a relationship with your body and emotions as your guide
- Create the space to allow your dreams to materialize into reality

**Date:** Thursday, October 18

**Time:** 6:30 – 8:30 pm

**Location:** Becoming Mothers Maternity Boutique, 2525 Arapahoe Ave., Boulder

**Price:** \$25

**Registration:** Gretchen Reid, Motherhood Transitions, (303) 642-3105

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