



A quick way to gain more appreciation...

Many mums feel like they're constantly giving and doing, with little or no appreciation in return. It may even seem that the only time when gratitude is expressed is when it's; Mother's Day, a birthday, Christmas or someone wants something. All give and no take can lead to arguments or losing patience, so here's a hand to train your family to show appreciation and thereby avoid the need to get frustrated and grumpy.

It's not you...

Have you had thoughts like, *"I must be doing something wrong. Everyone else seems to be appreciated."* or worse, that you don't deserve to be appreciated? That the reason the family aren't showing their love and appreciation, is because you're not enough in some way or another? You wouldn't be alone in this. It's a common default thinking style that women assume responsibility for almost everything and make other people's behaviour mean something about themselves, when the truth is, they're usually doing their best. They question themselves, *"Am I a good enough mother?"*, *"Do I do enough for my children?"*, *"Am I as good as ...?"* The more useful question to ask is, ***"Am I doing the best I can right now with the resources that I have?"*** (Intention)

It's what you're doing...

Are you giving family members the **opportunity to contribute**? When you do (delegate) and then you thank them for it, they learn the value of effort and time. You're also showing them how to express gratitude for a job done. e.g. Erica was so frustrated with her son that she was thinking about packing him off to boarding school. He wouldn't clean up after himself. He ignored the roster board and expected everything his way. Naturally, conflict escalated and Erica felt very undervalued. Asked, *"What happens when your son doesn't do his allocated jobs?"* She answered, *"Well, I end up doing it all!"* What motivation is there for her son to follow through? None. Implement logical consequences, share the load and express gratitude for jobs done. Paradoxically, the more you ask the family to help, the more they'll value and appreciate you. Start asking and receive more appreciation.

Bare Hands is run by allied health professionals committed to helping women embrace positive change by providing access to practical education. To find out more give us a call, email us or visit www.barehands.com.au

- ✓ All give and no take, does not a happy mother make.
- ✓ It's not you, it's what you're doing!
- ✓ The more they do, the more they appreciate you.

"Every woman deserves a man who respects her and every man deserves a woman who appreciates his effort."

Unknown

Roxy loves helping women develop emotional resilience so that they can enjoy fulfilling and contented relationships, which survive the ups and downs of life. Having experienced the challenges of being a single parent, juggling being a mum and a practitioner, building a business or two and overcoming anxiety and post-natal depression, she has a vast knowledge of how to minimise the struggle and use practical strategies that really work!



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Bare Hands
Practical life strategies for women