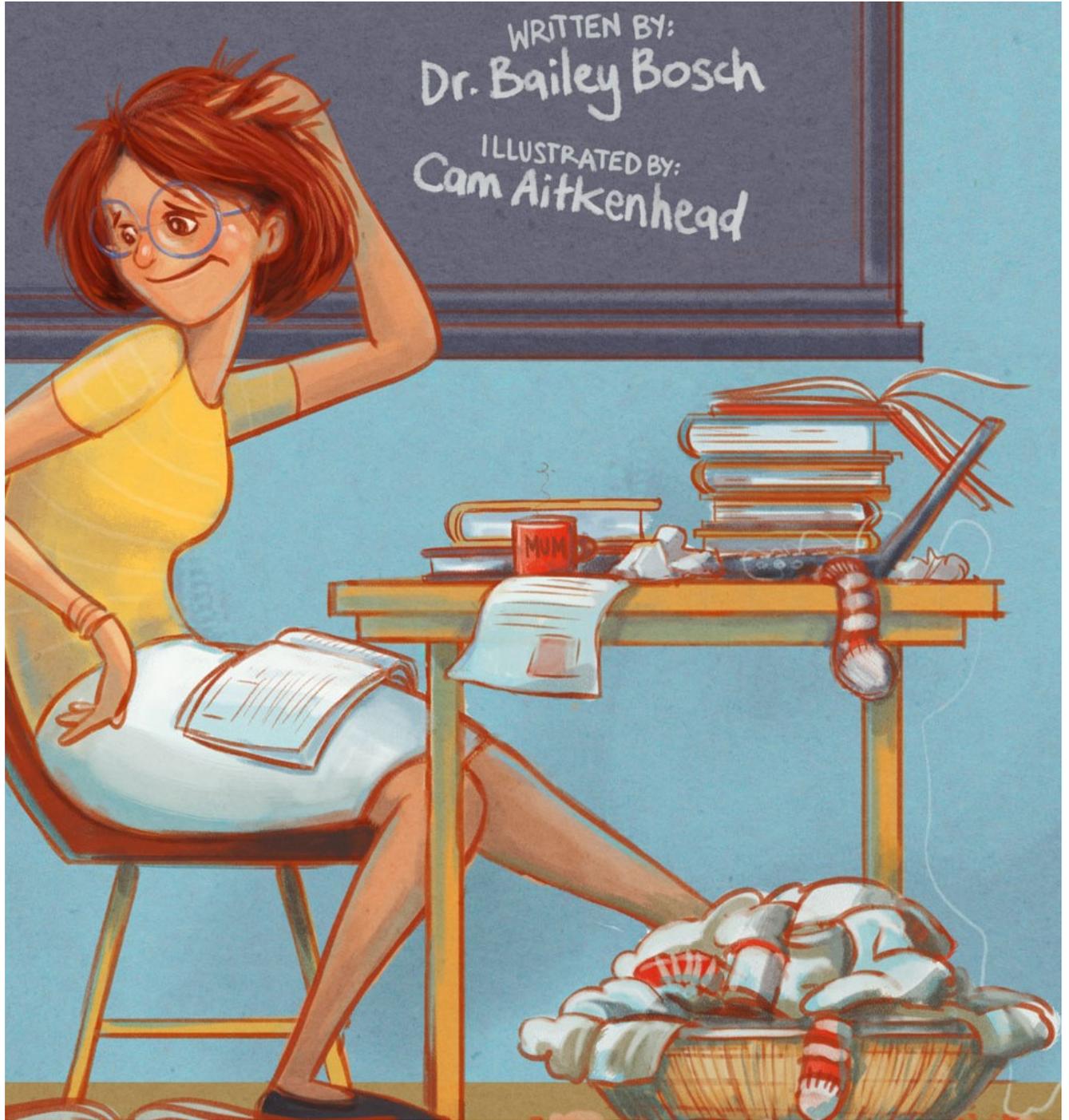


Ten Steps to Becoming a Selfish Mother



Ten Steps to Becoming a Selfish Mother

Welcome and thanks for reading. Here are the first three steps of my Ten Steps to Becoming a Selfish Mother. To read more sign up to my newsletter [here](#).

Step 1: Change how you view 'selfishness'.

For most of us it's a dirty word – I mean, who wants to be thought of as selfish? But if you want to become a selfish mother you need to re-work your own understanding of what 'selfishness' means. For example, anyone who has experienced the crying of a hungry baby will understand that for the baby there is no other issue on earth more important at that time than their need for food. We wouldn't call that baby selfish now, would we? The baby is simply doing what she needs to do to get her most pressing and life-sustaining need met: the need for sustenance. Good mothering *requires* selfishness. In order to create the household and daily life you want for your children you need to focus and concentrate when necessary and have the time to put those ideas into practice. If you are employed outside the home you need to concentrate on your job with a clear focus and mind-set to enable you to develop your talents and reach your potential. Oh, and not get fired for failing to meet your performance indicators. You need to change how you understand 'selfishness' and accept that an appropriate level of selfishness is essential to the long term benefit of yourself, your children and everyone and everything you care about.

STEP 2: Know yourself and what you want!

This is a big issue for women and especially for mothers, who are living in a society that holds up the self-sacrificing mother as the ideal symbol of unconditional love and good mothering. Knowing what you want benefits everyone. It will give you immediate benefits because statistically you are more likely to get what you want if a) you know what you want and b) you are able to communicate clearly with others what that want is. People around you will benefit too because you have removed a huge amount of uncertainty from their relationship with you. One thing I know is that people like certainty – sure there are those people who love to live on the edge as they call it, and go with the flow, which is all very well and good and nice in small doses. However I, like most people, like the majority of my time and life to be in my control and going according to my own plans and directions. I don't like change and uncertainty. It causes problems for me at this stage in my life. One late night mid-week sets off a domino-effect for the rest of the week's success. For example, the other day my five year old woke up too early – just after 5am. This boy is so active that most of the time he passes me by in a blur of blonde curls. He never stops and when he moves, he moves quickly and with purpose. He needs his rest and once his head hits the pillow, he is normally out like a light for around eleven hours. So waking up at 5am is not normally on the cards for him, but that morning it was. As a result everything was difficult. He was too tired to put on his shoes, he didn't want to go to school, he was too tired to play at lunchtime so got upset that he was left sitting on the bench by himself...and so it went on. He then fell asleep at 5pm so had no dinner and we were going out so had a babysitter coming. The babysitter couldn't take the kids to the park as planned before dinner because he was asleep so the toddler wasn't tired so was still awake at 9pm when we got home...AN. SO. IT. GOES. ON.

Certainty, continuity and routine are all very important at this stage in life. So, if you say what you want you are more likely to HELP the overall running of life because everyone knows where they stand and what you require from them. In every relationship, or human interchange, there is a need from both parties: sometimes I need someone to vent to about my crazy days spent running around in four different directions so I will seek out a friend with 4 kids and make time to visit her for coffee. She needs to know she also isn't alone as we muddle through the early years so she is glad I come past and tell her about my challenges. We both get our needs met. On occasion it might seem unclear what our needs are – say, for example, when we are 'giving' or 'doing' for others and on the surface it looks like we are doing everything for other people. Don't be fooled. Your innate need to help and support those you love or care about is being met and so the 'give-but-take' human interchange continues.

Step 3: Write your shopping list

Once you decide to be a selfish mum – you need to start figuring out what it is you actually want. This might sound easy. We all say things like “*Oh, I wish I was sitting on a tropical island right now drinking a cocktail*” when we are suffering through a week of gastro that has the whole family throwing up with gusto and, despite our own sickness, the clean-up is left with us. But really, what do you want?

Start playing around with the idea. We always ask our children what do they want? We think about what our partners and family want or need us to do, but how often do we stop and think (without restrictions or fears of being *selfish*) what is it we truly want? If you start hearing other people’s responses or comebacks when you even start to ‘think’ about that question, you are probably like most mums. We are so conditioned to put other people before ourselves determining what we want is often based on what will cause the least amount of disturbance or fuss for those around us. This is especially true if we start thinking of what we need other people to do BEFORE we can achieve or obtain what we truly want:

“If my husband could get home from work a bit earlier and do the dinner I could go for a quick run and start to get my fitness and health back”

“If Jack’s mum could just take him over to swimming lessons after school when she takes Jack I could have a quick half an hour to get a bit of food shopping done in peace”.

My point is before we even say “*I want to start running again*” or “*Once a week I want to do the shopping alone*” we start to think of what we need to do in order to arrange for that ‘want’ to come true. I will have a whole lot more on this later in this series of e-books, but for the mean time just start writing a list. If it helps you write **DRAFT** in big, red letters across the top of the page so you don’t feel like you are committing yourself to what you write. But get the ball moving and start thinking of you truly need to improve your well-being, happiness and satisfaction with life.

If you want to read more sign up to our newsletter [here!](#)