

# Who Am I Now?

*A self-reflection guide for the identity shift of matrescence.*



## HOW TO USE THIS GUIDE

### A space just for you

This guide is not a clinical tool — it is an invitation to slow down and pay attention to your own experience. There are no right or wrong answers, and you don't need to share this with anyone. You can complete it all at once, or return to different questions across days or weeks as things shift for you.

The questions move through five areas: who you were before, who you are becoming, what you have gained and grieved, what matters most to you now, and what you need going forward. Take your time. Be honest with yourself.

*"Becoming a mother is not an addition to who you are. It is a reorganisation of everything."*

## PART ONE

### Who were you before?

*Before we can understand who we are becoming, it helps to get clear on who we were. These questions invite you to look back — not with longing, but with curiosity.*

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#### How would you have described yourself before you became a mother?

*Think about your roles, values, personality, how you spent your time, what mattered to you.*

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**What were the parts of yourself you felt most confident in?**

*Your career, relationships, creativity, independence, your body — anything that felt solid.*

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**What did your life feel like it was built around?**

*Your routines, your sense of purpose, your relationships — what anchored you?*

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PART TWO

**Who are you becoming?**

*Matrescence is an active process — you are in the middle of something, not at the end. These questions ask you to look honestly at where you are right now.*

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**How would you describe yourself now, as a mother?**

*Try to describe yourself as you actually are — not as you think you should be.*

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**What feels different about who you are — in ways that surprise you?**

*This might be positive, difficult, or simply strange. All of it counts.*

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**Which parts of your old self feel distant or hard to access right now?**

*Notice if there is any grief, relief, or ambivalence in your answer.*

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**What new parts of yourself have emerged that you didn't expect?**

*Strengths, capacities, perspectives — things that feel genuinely new.*

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PART THREE

**What have you gained, and what have you grieved?**

*One of the most important — and least talked about — aspects of matrescence is ambivalence. You can hold both gain and loss at the same time. This is not a sign of a problem. It is a sign of honesty.*

WHAT I HAVE GAINED

*What has motherhood added to your life — practically, emotionally, or in terms of who you are?*

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WHAT I HAVE GRIEVED

*What have you lost or left behind — even if you wouldn't change your choice?*

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**08**

**Is there anything you feel guilty about grieving?**

*Guilt about loss is very common in matrescence. Write honestly here — without judgement.*

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PART FOUR

**What matters most to you now?**

*Matrescence often shifts our values in ways we don't expect. Getting clear on this can help you understand what kind of life you are trying to build.*

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**What are your top three values right now?**

*They might be connection, freedom, presence, creativity, honesty, rest — or something else entirely.*

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**10**

**How well does your current life reflect those values?**

*Where is there alignment? Where is there a gap?*

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PART FIVE

**What do you need going forward?**

*This final section is about turning reflection into something useful — a clearer sense of what would help you feel more like yourself, or more at ease with who you are becoming.*

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**What do you need more of right now?**

*This might be practical (time, sleep, help) or emotional (understanding, connection, space).*

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**12**

**What is one small thing you could do this week to honour who you are becoming?**

*It doesn't need to be big. It just needs to be true to you.*

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FINAL REFLECTION

## A letter to yourself

*If you have the time and energy, try writing a short letter to yourself — from the version of you that is a little further along in this transition. What would she want you to know right now?*

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### A note on what this brought up

Reflection exercises like this can sometimes surface feelings that are bigger than expected — grief, confusion, longing, or a sense of being overwhelmed. If that happened for you, please be gentle with yourself. It is also a sign that this process matters. If you would like support in working through what came up, individual therapy can be a helpful space. You are welcome to reach out to us at Mindflow.

Mindflow Psychology Services · [mindflow.au](http://mindflow.au)

This resource is psychoeducational in nature and does not constitute psychological treatment, diagnosis, or clinical advice. It is intended for general information and self-reflection purposes only. Sara Raby, Psychologist · PSY0002471275 · [mindflow.au](http://mindflow.au)