



THE SOFT SHADOW MANIFESTO

A GENTLE REBELLION FOR MOTHERS WHO REFUSE TO DISAPPEAR

GOTH MOM DIARIES

You were not meant to disappear when you became a mother.

Yet, slowly -- quietly -- it happens.

You stop finishing your thoughts.

You put yourself last without question.

You become everything for everyone...

And nothing for yourself.

This is your interruption.

Your Reminder.

You **ARE** still here!

You **ARE ALLOWED** to take up space in your own life.

Motherhood is not meant to erase you.

It is meant to remind you.

Keep in mind that you cannot be revealed if you are constantly performing.

You DO NOT need to be:

~Perfect

~Endlessly Patient

~Emotionally Silent

~Everything at ONCE

You ARE allowed to be human!

Not just statements, but declarations!!....

~ I am allowed to exist fully within motherhood.

~ I do not have to shrink to be accepted.

~ My needs are not an inconvenience.

~ I can be both nurturing and powerful.

~ I release the expectation of perfection.

~ I trust myself to evolve.

Guided Writing Page

Prompt 1: Where have I been disappearing in my own life?

Prompt 2: What would it look like to come back?

Prompt 3: What do I truly, honestly desire for MYSELF?

In closing...

You do not need permission to return to your truest self.

You only need honesty.

Start there.

The rest will follow.

As the Raven calls,
Ashleigh (Goth Mom Diaries)

If this resonated with you, there is more waiting...

The Raven's Word arrives regularly ---
For those who are ready to hear it.

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