

THE Mindful
Stepmom

www.annadeacosta.com

SPEAK-UP OR
SHUT-UP?

*A stepmom's secret weapon to
control the uncontrollable.*

WELCOME!

Stepmama, I commend you! Maybe you didn't know what you were getting yourself into when you started dating a dad, but I promise you that you are *exactly* where you need to be in your life.

Being a stepmom is a blessing and a lesson that you have the privilege of learning. I know firsthand that we face a lot of outside circumstances that seem out of our control... and that can drive us crazy!

A lot of times, the advice we get is to just 'pick your battles', and 'let it go'...

...well letting it go isn't easy, but it's an important skill to master as a stepmom if we don't want to live in constant drama.

How do we let something go when it leaves us feeling like our own needs are being ignored?

As stepmoms, are we just expected to put-up with actions and behaviours that we wouldn't tolerate otherwise?

This workbook is designed to help you tune into your own inner expert in any given situation, so that you can figure out whether it's best for you to speak up about your feelings & opinions, or shut up and just let it be.

But shutting up doesn't mean swallowing your hurt feelings and moving on with bitterness. It means doing the internal work necessary to get over it and feel at peace, despite what's going on around us.

In this workbook, you'll learn to approach your feelings & reactions to a problem from the inside-out.

That means YOU deal with them first, without sharing. Sure, there are times when reacting immediately is necessary and the best option. But a lot of times if we process our feelings first and ACT from a place of intelligence rather than RE-ACT from a place of upset, we can better achieve what it is that we want.

Be sure to keep this workbook in a safe place and feel free to shred it when you're done. If, after dealing with your feelings, you feel a need to communicate the problem with others, you can do so from a place of calm & understanding of your own needs and desires.

The questions in this workbook will help you identify your role in the situation and turn it around by learning to navigate your own emotions and changing your own negative beliefs.

When we claim our role in the dynamic, we own our power in the situation.

We can't change other people or force what we want in a situation, but we CAN look within and address our part. When we change ourselves, our world changes, and those around us often step up in ways we couldn't have ever forced (*or perhaps even imagined*).

I encourage you to share your feelings and thoughts as you go through this process, and do so in a safe space, like a community of stepmoms who won't judge or take things personally. Lifetime access to our secret community of mindful stepmoms is open by invitation only when you purchase the [Mindful Stepmom album](#).

If you have any questions or comments, I invite you to contact me personally at annadeacosta@gmail.com.

Enjoy the workbook, I hope it serves you to feel a sense of control, peace and flow in your blended family.

Peace and love to you and your family,

Anna de Acosta.

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Speak-Up or SHUT-UP?

Question #1 – What is the problem you're dealing with?

This is the easiest part. What's happening that is causing you to be upset, angry, or sad?

Maybe you're trying to tell your husband about a problem you see in your stepchild, and he dismisses what you have to say? Maybe the step-kids are complaining about your cooking and comparing you to their mom? Maybe the step-kids came home from moms unbathed and in dirty clothes? Maybe you want to go on a vacation or have some alone time with your husband, but it's just not possible with the kids around? Focus on one situation and write it all out... take all the space you need, what is happening?

Question #2 – How does it make you feel?

A lot of stepmoms reach out for support saying “this is my problem, what should I do?”. Well the problem is only the tip of the iceberg. We need to understand all the stuff that’s happening beneath the surface of the problem that make it a problem for us.

For example, you see that your stepdaughter feels resentment towards you, but you can’t prove it and your husband doesn’t see it or agree. But how does this make YOU feel? Maybe you’re alone, sad, unimportant, misunderstood. Write it all out. Ask yourself “Why do I feel this way?” Maybe it’s because he dismisses what you say, doesn’t pay it attention, you feel alone as a result. You believe you are alone and misunderstood or crazy. Maybe you’ve felt like this before, and it’s re-opening an old wound that hasn’t fully healed. Write it all out, how do you feel, why do you feel this way, and any past experiences where you can recall feeling this way.

I feel.....

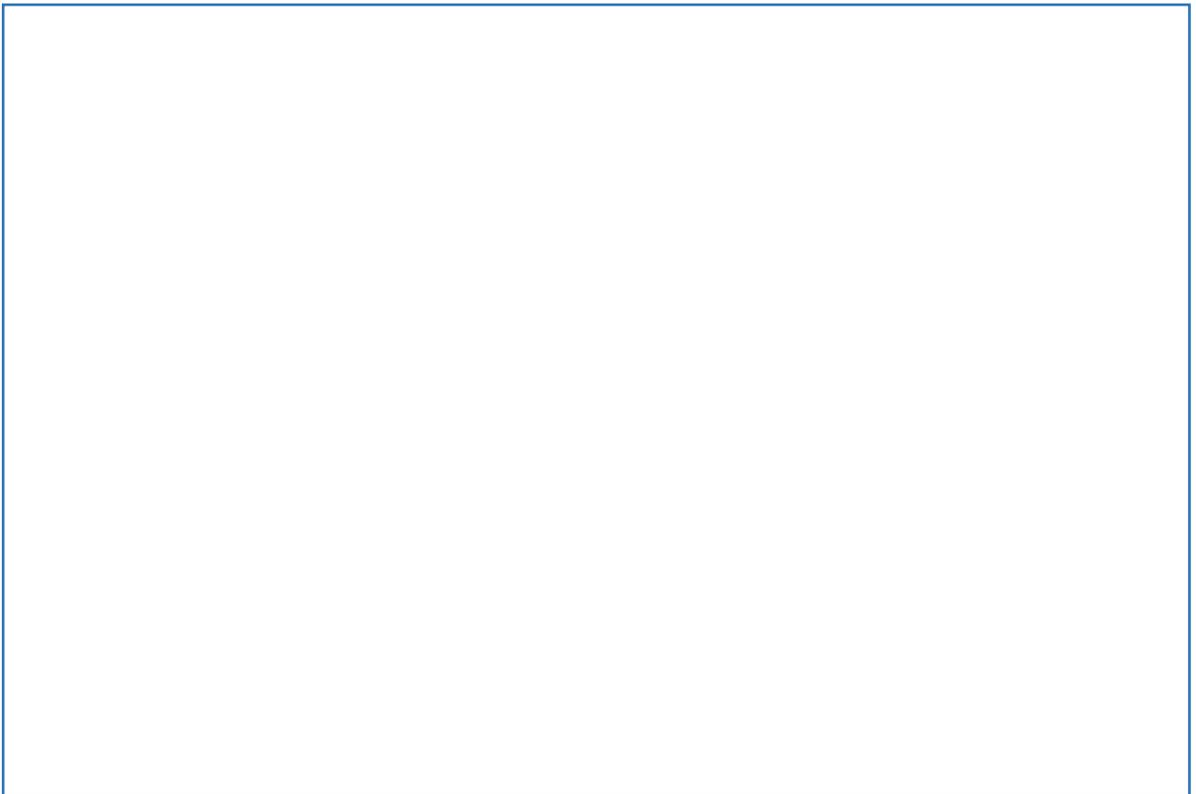
I feel this way because.....

Speak-Up or SHUT-UP?

Question #3 – What’s your limiting belief or role in the situation?

Re-read what you wrote in questions 1-2 above, and be conscious of what *you* are doing in the situation. What does this mean about you? What’s your role in this problem or situation? Try to identify this as a belief you have about yourself and your place in the world. It helps to write it as an “I am” statement (or statements).

Example: Maybe you feel alone and left out? The I am statements could be “I am alone and I don’t matter”. Maybe you’re doing everything for everyone else and you feel like nobody cares or considers your needs? The I am statement could be “I am a self-sacrificing martyr and I am not important, my needs don’t matter, I am invisible”.



Question #4 – How can you flip this belief around?

Take your I am statement from #3 and flip it around from negative to positive. Your statement in #3 identifies the limiting beliefs that are holding you back in life. This belief is your way of showing up in the world subconsciously, and by showing up in this way, you invite others to see you this way as well. When we call-out our limiting belief and way of showing up in the situation, we claim our power in the situation. We have the power to change this belief. We *must* show up for ourselves first, and believe in ourselves. Once we master this, other things usually fall into place. This is our power in any given situation.

Example: “I am alone” flips to “I am surrounded by people who love and support me.”

“I don’t matter” flips to “I matter and what I want is deeply important for the well being of everyone around me”.

What Next?!

Maybe you don't believe in the positive statement you created in Question 4? Maybe it scares you to adopt this new belief?

One strategy that may work is "fake it until you make it". Make this new positive statement your mantra or affirmation. Tell it to yourself every morning and night. Put an alarm on your phone to remind you of it throughout the day.

Write out a list of ways that you would show up in the world if you believed in that statement fully.

Example: "I am surrounded by people who love and support me."

How can I show up in ways that show I believe this?

- 1) Ask for help with chores and let others follow-through
- 2) Accept help when it's offered to me
- 3) When people offer to pay or treat me to something, accept it

Now write out your own list of how you would show up in a world where this statement was true. Write out a list of ways that you would show up in the world if you believed in that statement fully. Pick at least one thing from your list that feels doable and **DO IT NOW!**

Need Support?



Hi, I'm
Anna de Acosta
mindful stepmom mentor.

I have a passion for helping fellow stepmoms on their own mindful stepmom journey. Get to know me & my stepmom journey [here](#).

I believe that you are your own expert, nobody can tell you what to do, and by tuning into that expert you are on the path you are meant to be on in life.

I can help you tune in and unlock the power of the expert within you. For a limited time, I'm offering a free 30 minute discovery session where I'll help you uncover one of your biggest limiting beliefs that's blocking you from living a happy, fulfilled and peaceful life in your stepfamily.

You can [apply for your FREE session here](#).

If you want to do the work on your own, pick up my meditation album "The Mindful Stepmom", which is full of common limiting beliefs that stepmoms face, as well as positive statements and affirmations to get you going in the right direction. It's available on [iTunes](#) or [here](#).

Let's connect on Instagram [@annadeacosta](#) and share our stepmom journey!

Peace and love to you and your blended family,

Anna de Acosta.

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Featured in:

StepMom
Magazine


Blended
all you need is love.

THE EVIL

STEPMOTHER
SPEAKS