

Christine-Anne Platel Newsletter: HAPPY VALENTINE'S DAY!

February 14, 2007

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DID YOU HAVE A 'GOOD ENOUGH' MOTHER?

British pediatrician-turned-psychoanalyst D.W. Winnicott wrote extensively about the need for us to have what he called a "good enough" mother. By this he meant that the infant has to be cared for, and have his or her needs met in a timely, sensitive, age-appropriate, and consistently dependable manner.

He does not say that a mother has to be exceptional or extraordinary in way. **She is only required to be an "ordinary devoted mother" with "good enough" parenting skills, especially when her child is very young.** I was struck by this seemingly simple concept several years ago, when I was doing a lot of work on mending the consequences of my own early life. I had loving, caring parents, whom I could talk to about anything, and yet there was still something missing. **I always felt that I needed to work much harder than other people did in order to feel and be loved.**

I found a few important clues that validated my feelings while I was doing some stream-of-conscious, or automatic writing several years ago. What a gift that was! I shared these clues with my mother, and she confirmed the information I'd received in my writing. Mum and my secondary caretaker, a nanny, were both ill and unable to mother me in a good enough way in the first few years of my life. i.e. they did not respond to my needs in a timely, sensitive, age-appropriate, and consistently dependable manner. There is more to this story which I will share on my [Mending Broken Hearts Project Blog](#), but suffice to say that those early experiences of not receiving good enough mothering left their mark on me.

I believe that when we miss out on good enough mothering, for any reason whatsoever, we feel broken hearted in some way. I also know that our mothers did the very best that they could; and if they fell short, then it was most probably because they did not receive good enough mothering either. This was absolutely true in my own mother's case, because her mother was ill with cancer, and died when Mum was only 10 years old. So how could she have been a good enough mother to me, when no one had been a good enough mother to her? **Maybe that's why I am so passionate about helping others begin mending their broken hearts from the very first time that they experienced that feeling.**

"Where love is concerned, too much is not even enough."

- Pierre-Augustin de Beaumarchais

What is your love story, and how has it affected your life?

I'd love to hear your story. Did you experience good enough mothering, or were there some family circumstances that caused you to feel neglected, abandoned, abused, not-seen, or invalidated. How have those experiences affected the way you relate to others? **Perhaps you were lucky enough to have received good enough mothering.** If so, I also like to hear from you. Tell me how your good enough mother has helped you in your life. I would really love to hear your stories. Please write to me: chrisplatel@consciousconnections.com

MY VALENTINE'S GIFT TO YOU: A Love Letter from your Mother

Dear Sweet One,

I want you to know how much you mean to me.

I cherish the day that you were born. I looked at your sweet face and I was so happy that you had arrived. Each day, as I watched you grow into the lovely person that you are today, I have felt eternally grateful and privileged to have you in my life. I still feel that way. When I think about you, I smile, and I am happy. I want the best for you. Please know that I care about you, deeply. That no matter what has gone before, I love you, and I will always love you.

You are my greatest joy.

Your Mother 

UPCOMING CLASSES

 **BROKEN-HEARTED NO MORE!** 

- * **FREE PREVIEW:** Tuesday, February 20th, 7:00 pm - 8:00 pm
- * **4-wk Program:** Tuesdays, February 27th-March 20th 7:00 pm - 9:00 pm
in Fernandina Beach. [Register Early as Space is Limited](#) - Program Fee: \$99.00.

If your heart has ever been broken (no matter how long ago) you may still be carrying residual sadness, grief, or even deep sorrow. Perhaps you've never experienced heartbreak, but you have a pervasive feeling that something seems to be missing in your life. In this case the reason for being brokenhearted is usually out of consciousness. Some people are in a seemingly happy relationship, yet still hold on to fears that can stop the flow of real intimacy. Betrayal in early life can also be the cause of a broken heart. **Come explore the many ways in which a broken heart can affect our lives. Learn how to Mend Your Broken Heart and Feel Lighter and Freer in Your Spirit.**

CLASSES TO BE HELD IN A LOCATION WHERE SPACE IS LIMITED SO PRE-REGISTRATION IS REQUIRED. The address will only be given to those who Pre-Register so please [E-mail](#) or call 904-491-8676 to reserve your space.

Too far from Fernandina? Join Broken-Hearted No More! Teleclasses

FREE PREVIEW: Thursday, February 22nd, 9:00 pm - 10:00 pm

* 4-wk Program: Thursdays, March 1 - March 22nd 9:00 pm - 10:00 pm

[Register Early as Space is Limited](#) - Program Fee: \$99.00 and includes one 30-Minute Individual Coaching Session.

[E-mail](#) or call 904-491-8676 to register and for more information.

ONGOING

INTEGRITY BLOGIN: Being in integrity, means living in integrity no matter how difficult the situation. I've created the [Integrity Blogin](#) to help us all stay on the path of integrity.

MENDING BROKEN HEARTS PROJECT BLOG: Like limbs, hearts that get broken also never heal. But they do mend sufficiently well to have a happy and fulfilling life.

Read my [MBHP Blog](#) and share your experiences.

Friends, please share this Valentine's Newsletter and Classes info with those you care about; and feel free to contact me with your comments or for more information.

Sending Love, Light, and Joy to each of you.

Chris :)

Christine-Anne Platel

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Coaching and Classes to Empower and Enhance

YOUR Mind Body and Creative Spirit

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