


CHAPTER 3: WHEN A MOTHER ACCEPTS


We're going to be looking at chapter 3 which is all about unconditional love.

1. How are you getting on with the book?

 Are there any words, sentences or paragraphs that strike a chord with you or that you think are particularly true or wise? Underline them in the book or write them down here.

2. What is love?

There are lots of words we use to express different sorts of love. These include: close friendships; romantic love; sexual love; deep affection between family members; care; respect and compassion.

 What does *love* mean to you? Write down some words or short phrases (some examples can be found to the right.)

What is love?

- | | |
|------------------|------------------------|
| • Patient | • Honours others |
| • Kind | • Does not envy |
| • Unselfish | • Accepting |
| • Never gives up | • Respectful |
| • Not greedy | • Compassionate |
| • Not forceful | • Tender |
| • Slow to anger | • Disciplined |
| • Forgiving | • Gentle |
| • Protecting | • Faithful |
| • Truthful | • Wants the best |
| • Trusting | for the other |
| • Hopeful | person |
| • Enduring | Love never fails! |

3. What is acceptance?

On page 20, Rob is convinced that the greatest gift to give a child is "acceptance." He points out: *"If a child does not feel accepted by their mother, it is almost impossible for them to feel loved by her."*


 What do you think about what Rob says?

One meaning of *acceptance* is something being received as valid or suitable.

 How would you describe acceptance?


Let's now look at some of the examples that Rob gives about acceptance.

"I Accept the Way You Look"

 Read pages 20–24. Can you relate to anything that is said here? If so, in what way?


"Am I Worth Loving?"

On page 24 we read: *"How do we decide we are acceptable and have worth? The answer is that ... we perceive this from outside ourselves – from others, especially from those we love and respect."*


 Do you agree or disagree with this statement? Why?

"I Accept You Irrespective of What You Achieve"

Read from page 26 to the end of the chapter.


 Underline in the book, or write out below any words, sentences or paragraphs that really made an impact on you or sound true to you.


On page 31, Rob says: *We send our children into a world that will continually judge them."*

 How do you think our children might be judged?

A little further down page 31 Rob says this:


"But we do our children a wonderful service if we can send them into that at world with an unshakeable belief that there is at least one person who, irrespective of their grades, weight, or athletic genius, loves them unconditionally ... Most of us, as adults, are still searching for somebody to love us like that."

 Write down your thoughts on this statement.

 Is there anything in the way you relate to your children that you would like to change?

4. Acceptance – your response

How would you feel about writing a letter or poem to your child?

 There may be things you might like to write that you find difficult to say face to face. Writing things down can help us to sort out our thoughts and work through any difficulties. You can send this letter or poem to your child if or when you feel the time is right. (If you have a separate notebook you may like to use it for this exercise.)

A final thought from Rob: *“A promise ‘to be with you as you grow – in understanding, encouragement, discipline and tenderness.’ No child could ask more from a mother.”*

Next time ...

We'll look at Chapter 4 and explore parenting when you're apart from your children, and we'll be looking at ways to stay connected.



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