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30 Signs Your Mother Didn't Attune to You: The Emotionally Absent Mother (Transcend Mediocrity Book 138)

J.B. Snow

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Many people reach middle adulthood, confused as to why they have felt a significant amount of suffering throughout their life. Most of my readers who write to me are still trying to pick up the pieces in their life from a broken childhood. They are still confused about who they are and where they are going.

People who have experienced an emotionally absent mother often struggle with problems at work, problems in future relationship, and problems with raising their own children. They feel that they have outgrown the control that their mother once had on them. They embark on their journey into the world with high hopes, and then find themselves decades later still unable to rid themselves of the little voice inside their head.

A mother's voice instills in us our morals and values in who we choose as a partner later in life. If our mother tolerated emotionally unavailable mates, it is likely that we will also tolerate them. If our mother didn't teach us how to bring out the best in other people, we will always wonder why we seem to bring out the worst. We will become disparate, distraught and discontent.

If our mother was content in wallowing in her misery instead of implementing positive growth and change, then she may also pass these traits onto her children. A child who is not constantly taught patience and perseverance will always be impulsive, cranky, frustrated, and chronically unhappy.

Many people think that their mothers made conscientious choices that caused them to have a 'poor' quality of life. The truth is that some of these mothers had underlying brain wiring and genetics that may have caused them to struggle all of these years. Their problems may have gone largely undiagnosed. These caused her to choose the wrong partner, be unable to attune to her children and also to sometimes fail in her career pursuits.

Other mothers had mental disease, distractions, poverty, health problems and lack of education to contend with. They raised their children in a much different time. Below, we will explore the different signs that indicate your mother didn't appropriately attune to you, her barriers to attunement, and how you can overcome a negative childhood in order to move forward toward personal growth in later life.

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