

FREE 5-DAY TRAINING

HANDBOOK



THE MOM GUILT DETOX

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COACH/HYPNOTHERAPIST
RAYSA YASHIRA

I help overwhelmed mothers, including single mothers, reclaim their authentic feminine power through nervous-system calm and kind boundaries, without the guilt. After years of being a single mother and losing myself completely in people-pleasing, self-doubt, and in my corporate career, I discovered the Mind Wholeness Method™ that's now helped hundreds of women transform from exhausted martyrs to confident, centered mothers who actually enjoy their lives.



04-09

DAY 1

"The Guilt Programming Blueprint"

10-11

DAY 2

"The Neuroscience of Mom Guilt"

12-20

DAY 3

"The 5-Minute Subconscious Reset Protocol"

21-23

DAY 4

"Guilt-Free Boundaries in Real Life"

24-26

DAY 5

"Your Guilt-Free Identity Integration"

YOUR PERSONAL PERMISSION SLIP:

DAY 1 MOM GUILT DETOX PROGRAM

Write one specific permission you need to give yourself:





GUILT TRIGGER ASSESSMENT

DAY 1 MOM GUILT DETOX PROGRAM: STEP 1

Your Personal Guide to Understanding Your Guilt Operating System

Welcome to your interactive guilt detective work! This assessment will help you identify the specific situations, thoughts, and circumstances that automatically trigger guilt in your life.

How it works: Click the checkboxes for triggers that apply to you, then select your intensity level from 1-5. Your results will update automatically!

Remember: There are no "wrong" answers here. This is simply information about your current patterns.

Part 1: Guilt Trigger Assessment

☐ Time & Personal Space Triggers

TOTAL:

Wanting alone time

Needing space from your children to recharge

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Taking time for hobbies/interests

Pursuing activities just for yourself

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Going out with friends

Socializing without your children

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Exercise/self-care time

Prioritizing your physical/mental health

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

☐ Boundary & Decision Triggers

Saying no to your children

Setting limits on requests or activities

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Declining family/social commitments

Saying no to events or obligations

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

5

DAY 1 MOM GUILT DETOX PROGRAM

Setting screen time/discipline

Setting limits on requests or activities

1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Asking for help from partner/family

Needing support instead of "handling it all"

1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

☐ Emotional & Perfectionism Triggers

Feeling frustrated with your children

Normal parenting emotions

TOTAL:

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Making parenting mistakes

Not meeting your own impossibly high standards

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Not enjoying every moment

Feeling bored, overwhelmed, thinking other undone tasks or disconnected

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Comparing yourself to other mothers

Feeling like you don't measure up

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

☐ Work & Personal Ambition Triggers

Enjoying your work

Finding fulfillment in career or projects

TOTAL:

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Having dreams beyond motherhood

Wanting more than just being "mom"

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

DAY 1 MOM GUILT DETOX PROGRAM

Spending money on yourself

Investing in your needs, growth, or desires

- 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Missing family time for work

Prioritizing career responsibilities

- 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

☐ Relationship & Romance Triggers

Prioritizing partner relationship

Wanting romance and adult connection

- ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Date nights/couple time

Leaving children to focus on your relationship

- ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Feeling resentful toward partner

Having needs that aren't being met

- ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

TOTAL:

Part 2: Your Top 5 Guilt Triggers

Your highest-scoring triggers will automatically appear below, or you can customize this list:

- 1
- 2
- 3
- 4
- 5

Part 3: Pattern Recognition & Reflection

What themes do you notice in your guilt triggers?

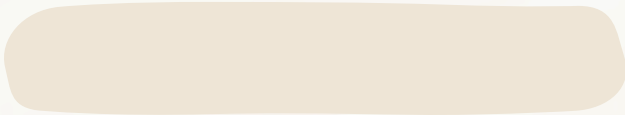
Which trigger surprised you the most? Why?

How do these guilt triggers currently impact your daily decisions?

What would change in your life if you didn't feel guilty about your top triggers?

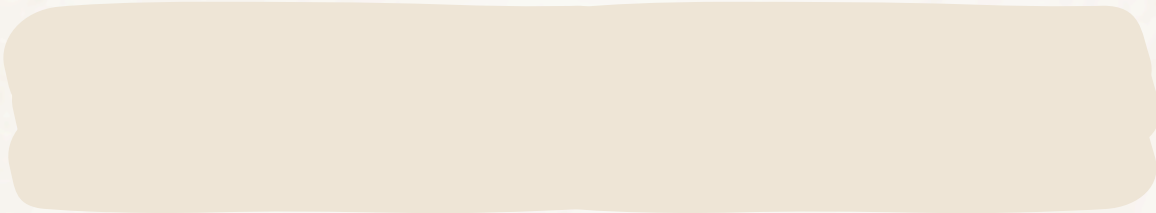
Part 4: Your Guilt-Free Action Plan

Choose **ONE** trigger from your top 5 to focus on this week:

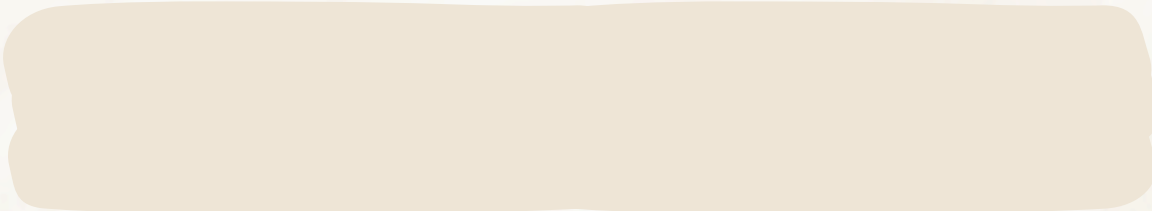


What would it look like to honor this need without guilt?

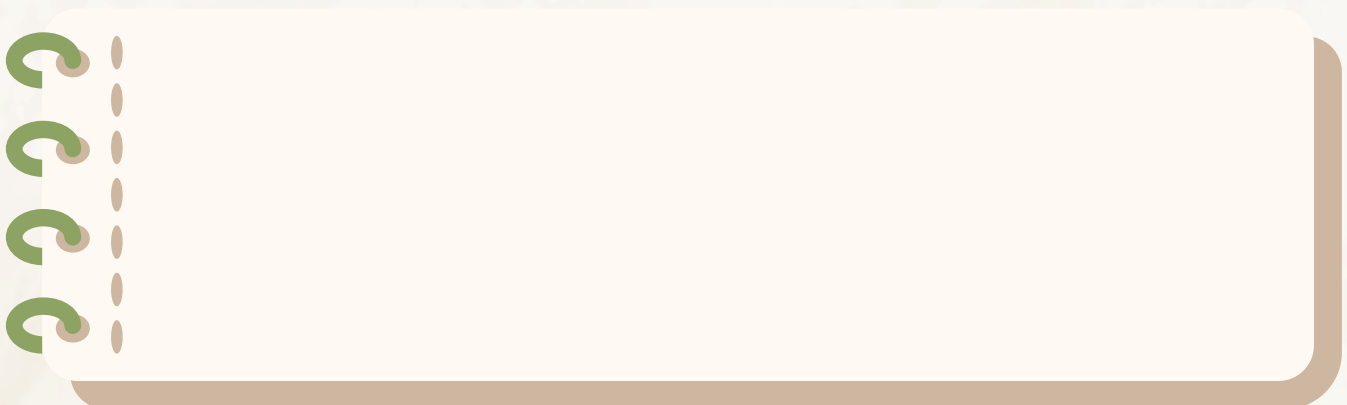
Example: "I give myself permission to want alone time without it meaning I don't love my children."



One small step you'll take this week toward guilt-free living:



NOTES:





PRACTICE THE 2-MINUTE GUILT AWARENESS MEDITATION

DAY 1 MOM GUILT DETOX PROGRAM: STEP 2

1. Find a quiet space and close your eyes

2. Take three deep breaths

3. Bring to mind a recent guilt experience (not the worst one, just something from this week)

4. Instead of trying to fix it, simply notice:

o Where do you feel it in your body?

o What thoughts come up?

o What emotions arise?

5. Say to yourself: "I notice I'm experiencing guilt. This is programming, not truth. I'm learning a new way."

6. Take three more deep breaths and open your eyes

NOTES:



BECOME A GUILT DETECTIVE

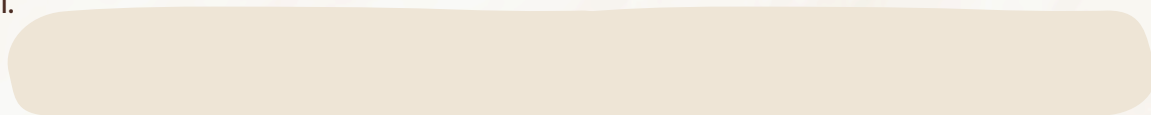
DAY 2 MOM GUILT DETOX PROGRAM: STEP 1

For the next 24 hours, notice your early warning signs without trying to fix them. Simply observe and note:

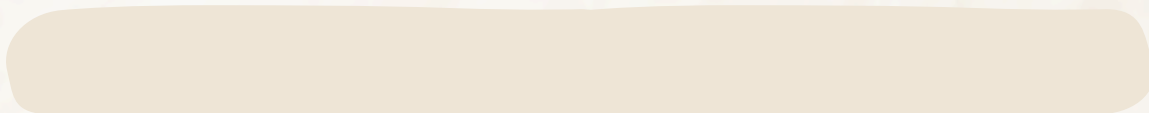
- o What physical sensations do you notice first?
- o What thoughts automatically pop up?
- o What behavioral urges arise (apologizing, people-pleasing, etc.)?

My guilt early warning signs:

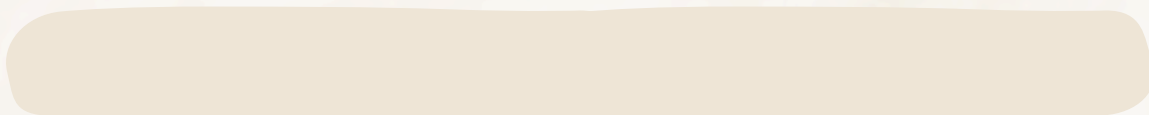
Physical:



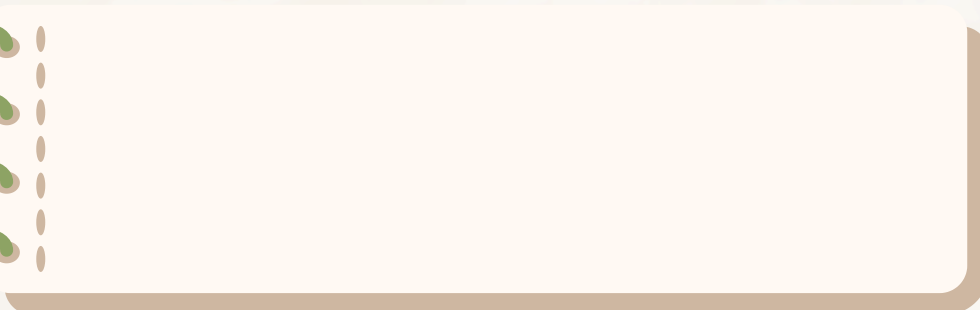
Mental:



Behavioral:



NOTES:



BECOME A GUILT DETECTIVE

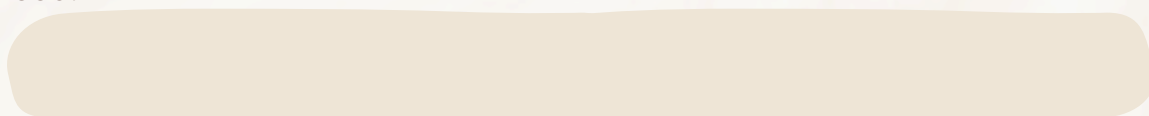
DAY 2 MOM GUILT DETOX PROGRAM: STEP 2

Practice the PAUSE Technique

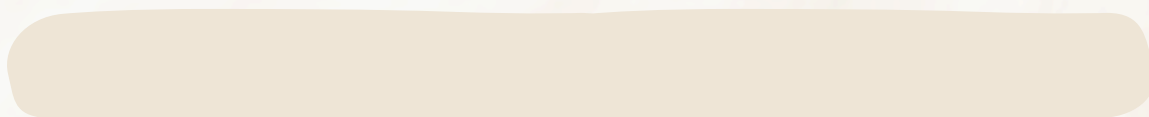
Choose ONE moment today when you notice guilt arising and use the full 3-minute PAUSE technique. Don't worry about being perfect—just practice interrupting the automatic response.

Reflection after practicing PAUSE:

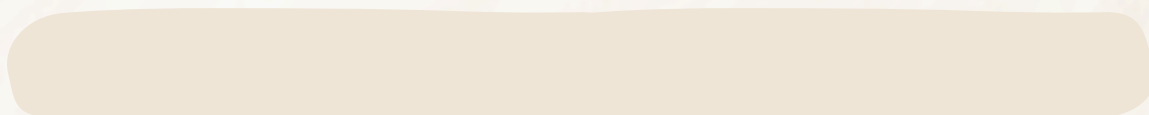
What I noticed:



What felt different:



What I learned:

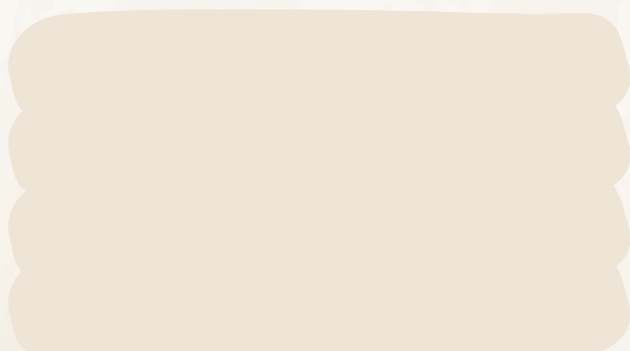


DAY 2 MOM GUILT DETOX PROGRAM: STEP 3

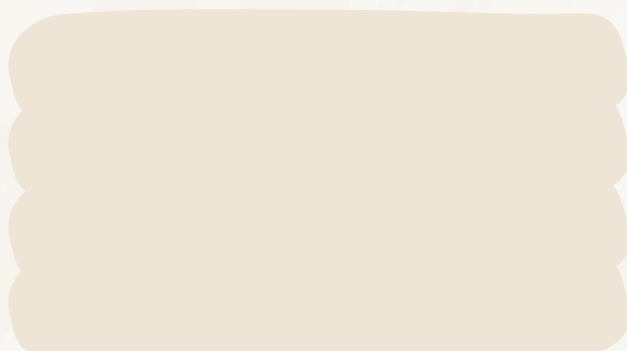
Healthy vs. Toxic Guilt Check

Before bed, review any guilt you experienced today and categorize it:

Toxic Guilt Moments:



Healthy Awareness Moments:



STEP 1: ACKNOWLEDGE WITHOUT RESISTANCE

DAY 3 MOM GUILT DETOX PROGRAM: STEP 1

The Purpose: Instead of fighting guilt (which creates more resistance), we acknowledge it as information. This immediately reduces the emotional charge and activates your prefrontal cortex.

The Technique:

1. Notice the guilt without judgment (15 seconds)

Place your hand on your heart and say: "I notice guilt is here with me right now."

2. Name the trigger specifically (30 seconds)

"The guilt is about

(wanting alone time, saying no, being imperfect, etc.)

3. Normalize the experience (15 seconds)

"This guilt makes sense. My system is trying to keep me safe. Every mother experiences this."

Sample Scripts:

"I notice guilt is here about wanting time away from my children. This makes sense—my brain has been programmed to see my needs as dangerous. Every mother feels this way sometimes."

"I notice guilt about saying no to my child's request. This guilt makes sense—I've been taught that good mothers always say yes. This is normal programming, not truth."

STEP 2: SOMATIC RELEASE

DAY 3 MOM GUILT DETOX PROGRAM: STEP 2

The Purpose: Guilt isn't just in your mind—it's stored in your body as tension, constriction, and stress chemicals. This step releases the physical manifestation of guilt.

The Body Scan & Release:

Locate the guilt in your body (30 seconds)

Close your eyes. Scan from head to toe. Where do you feel the guilt physically?

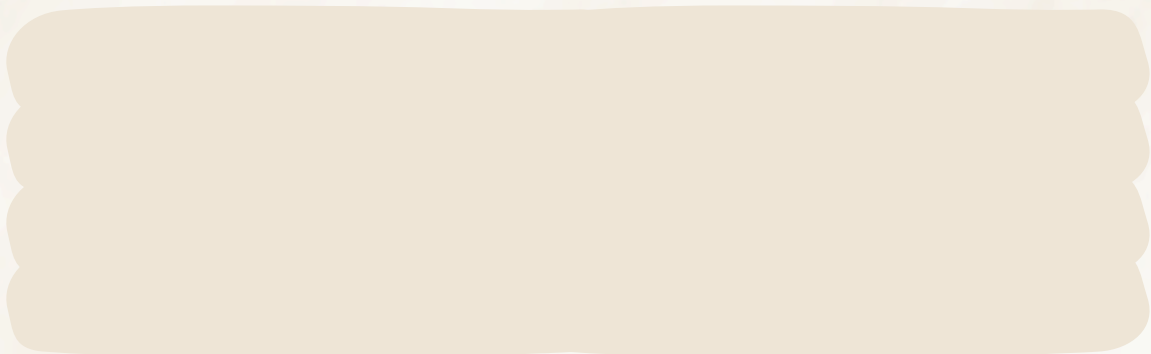
- Tight chest or shallow breathing?
- Knot in your stomach?
- Tension in shoulders or jaw?
- Heavy feeling in your heart?
- Restless energy in your limbs?
-

Breathe into the sensation (45 seconds)

Don't try to change it. Just breathe into that area. Imagine your breath creating space around the sensation.

Use movement or sound (15 seconds)

Shake your hands, roll your shoulders, make an "ahh" sound, or gently tap the area. Let your body release naturally.



Sample Body Release Scripts:

"I feel this guilt as tightness in my chest. I'm breathing into my chest, creating space for this feeling. I don't need to fix it, just give it room."

"There's a heavy knot in my stomach. I'm sending my breath there, imagining it softening and loosening. My body knows how to release what no longer serves me."

STEP 3: SUBCONSCIOUS REFRAME

DAY 3 MOM GUILT DETOX PROGRAM: STEP 3

The Purpose: This is where the magic happens. Using specific hypnotherapy language patterns, we install a new story that your subconscious mind can accept and integrate.

The Reframing Process:

1. Acknowledge the old story (20 seconds)

"Part of me has believed that [old guilt story] because it was trying to keep me safe."

2. Introduce the new truth (50 seconds)

"And now I'm choosing to believe that [new empowering story] because this serves my family better."

3. Future-pace the new reality (20 seconds)

"I can imagine myself moving through my days with this new knowing, feeling confident and peaceful."

Powerful Reframe Examples:

Old Guilt Story:

"Good mothers never want time away from their children."

New Empowering Truth:

"Mothers who recharge give their children a more present, joyful parent."

Old Guilt Story:

"If I say no, I'm being selfish and my children will suffer."

New Empowering Truth:

"When I say no to what doesn't serve us, I can say yes to what truly matters."

Old Guilt Story:

"I should be able to handle everything without help."

New Empowering Truth:

"Asking for support shows my children that it's healthy to have needs."

Complete Script:

Complete Reframe Script Example:

"Part of me has believed that wanting alone time makes me a selfish mother because this belief was trying to keep me connected to my children. And now I'm choosing to believe that taking time to recharge makes me a more present, patient, and joyful mother because this serves my whole family better. I can imagine myself taking guilt-free breaks and returning to my children refreshed and genuinely happy to see them."

STEP 4: IDENTITY ANCHORING

DAY 3 MOM GUILT DETOX PROGRAM: STEP 4

The Purpose: We anchor the new belief into your identity as a mother. This step makes the change stick by connecting it to your core sense of self.

The Identity Integration Process:

1. Connect to your true self (20 seconds)

Place both hands on your heart. Feel into the mother you truly are—loving, caring, doing her best.

2. Speak your new identity (25 seconds)

Choose one identity statement and say it with conviction (see list below).

3. Feel the truth in your body (15 seconds)

Notice how this new identity feels in your body. Let that feeling settle into your cells

New Identity:

Powerful Identity Anchors:

- *"I am a mother who honors both my children's needs and my own needs."*
- *"I am a mother who models healthy boundaries for my children."*
- *"I am a mother who makes decisions from love, not fear."*
- *"I am a mother who trusts herself and her instincts."*
- *"I am a mother who knows that taking care of herself IS taking care of her family."*
- *"I am a mother who can be imperfect and still be exactly what her children need."*
- *"I am a mother who chooses authenticity over people-pleasing."*
- *"I am a mother who breaks generational patterns of guilt and shame."*

DAY 3 MOM GUILT DETOX PROGRAM: STEP 4

Complete Identity Script Example:

"I'm placing my hands on my heart and connecting to the loving mother I truly am. [Pause] I am a mother who honors both my children's needs and my own needs. This is who I choose to be. I can feel this truth settling into my body, into my bones, into my very cells. This is my new way of being in the world."

STEP 5: FORWARD ACTION

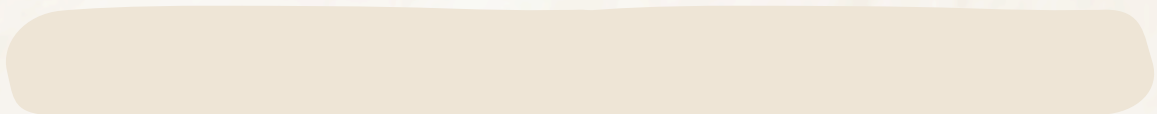
DAY 3 MOM GUILT DETOX PROGRAM: STEP 5

The Purpose: Transform the inner work into outer reality. This step prevents you from staying stuck in processing and moves you toward aligned action.

The Action Bridge:

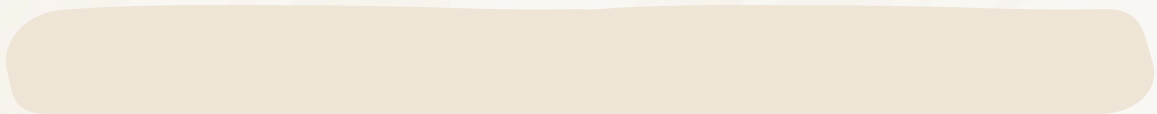
1. Ask your wise self (15 seconds)

"From this new place of knowing, what is the most loving action I can take right now?"



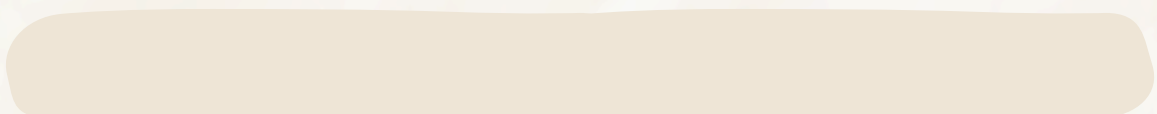
2. Choose one small step (15 seconds)

Identify one concrete action you can take in the next 24 hours that aligns with your new identity.



3. Commit with self-compassion (15 seconds)

"I commit to this action as an act of love for myself and my family."



DAY 3 MOM GUILT DETOX PROGRAM: STEP 5

Action Examples by Common Guilt Triggers:

Guilt: Saying no to your child

Action: Practice saying "No, and I love you" to one request today without over-explaining or apologizing.

Guilt: Not being perfect

Action: Share one "imperfect moment" with a trusted friend and notice how it deepens your connection.

Guilt: Prioritizing work

Action: Set a clear boundary between work time and family time without guilt or justification.

Important:

Start with small actions. Your nervous system needs to build trust that you can make guilt-free choices safely. Big changes can trigger more guilt initially.

Complete Action Script:

Complete Action Script Example:

"From this new place of knowing that I'm a mother who honors her own needs, what's the most loving action I can take right now? I can see that I need to ask my partner to watch the kids for an hour this evening so I can take a bath. I commit to this action as an act of love for myself and my family, knowing that a recharged mama is better for everyone."



INTEGRATION & PRACTICE GUIDELINES

DAY 3 MOM GUILT DETOX PROGRAM: INTEGRATION

Quick Reference Card:

1	2	3	4	5
Notice & Name	Body Release	New Story	Identity	Action
"Guilt is here about..."	"Where do I feel this?"	"Now I choose to believe..."	"I am a mother who..."	"One loving step..."

Print this reference card and keep it where you'll see it. The more you practice, the more automatic it becomes.

Your Personal Practice Commitment

I commit to practicing the RESET Protocol:

My biggest guilt trigger to work with first:

How I'll remind myself to practice:

TODAY'S TRANSFORMATION PRACTICE

ASSIGNMENT 1: MASTER RUN-THROUGH

Practice the complete 5-minute RESET Protocol with a recent guilt memory (not your worst one—start with something manageable):

My Practice Scenario:

Guilt trigger I'm working with:

DAY 3 MOM GUILT DETOX PROGRAM: ASSIGNMENT 1

Old story I noticed:

New empowering truth I chose:

Identity statement that resonated:

Action I committed to:

ASSIGNMENT 2: REAL-TIME APPLICATION

Use the protocol on any guilt that arises today, even if you can only do an abbreviated version. Focus on building the habit of responding differently to guilt.

Evening Reflection:

When guilt arose today, what did I do differently?

What felt challenging about using the technique?

What surprised me?

ASSIGNMENT 3: SHARE YOUR BREAKTHROUGH

In our private group, share ONE insight from today's practice. Your breakthrough might be exactly what another mama needs to hear



PRACTICE SCENARIOS

DAY 4 MOM GUILT DETOX PROGRAM

Scenario 1: The Guilt Trip

Situation: Your mother-in-law says "I guess you're too busy with work to bring the grandchildren to visit anymore. They're growing up so fast and won't remember me."

Your boundary (what you're protecting):

Your guilt-free response using the formula:

If she pushes back, you'll say:

Scenario 2: The Last-Minute Ask

Situation: A friend texts at 6 PM: "Emergency! Can you watch my kids tonight? I know it's short notice but you're the only one I trust and you're so good with kids!"

Apply the W.I.S.E. framework:

W – What's your aut reaction:

I – Is this aligned with your values:

S – What would you tell your best friend:

E – What will matter in 10 years:

Your decision and response:



PRACTICE SCENARIOS

DAY 4 MOM GUILT DETOX PROGRAM

Scenario 3: The Perfectionism Trap

Situation: Your child's teacher mentions other parents are contributing homemade items to the class party while you brought store-bought cookies. You feel like you're "not doing enough."

Emergency guilt buster you'll use:

"Good enough" mom reframe:

Action you'll take (or NOT take):

TODAY'S REAL-WORLD ASSIGNMENT

MISSION 1: SET ONE BOUNDARY TODAY

Choose one small boundary to practice today. Start with low stakes—this is about building the muscle, not tackling your biggest challenges yet.

The boundary I'll practice today:

What I'm protecting:

How I'll communicate it:

If I get pushback, I'll respond:

MISSION 2: PRACTICE "GOOD ENOUGH" PARENTING

Intentionally choose "good enough" in one area today instead of perfectionist. Notice what happens—both for you and your children.

Where I'll choose "good enough" today:

Evening reflection—What did I notice?

MISSION 3: USE THE W.I.S.E. FRAMEWORK

Apply the decision-making framework to one choice you need to make today, even if it's small.

Decision I'm facing:

W.I.S.E. process results:

My final decision:



CELEBRATING YOUR TRANSFORMATION

DAY 5 MOM GUILT DETOX PROGRAM

Personal Wins Reflection:

My biggest breakthrough this week was:

The moment I felt most proud of myself was:

One thing I never thought I could do that I did this week:

YOUR PERSONAL GUILT-FREE MANIFESTO

YOUR DECLARATION OF AUTHENTIC MOTHERHOOD

A manifesto is more than a mission statement—it's a declaration of who you choose to be. This becomes your north star when old patterns try to resurface or when others challenge your new way of being.

Your Manifesto Template:

I am a mother who...

- ✓ Honors both my children's needs and _____
- ✓ Makes decisions from _____ not fear
- ✓ Models _____ for my children
- ✓ Trusts that _____ is enough
- ✓ Chooses _____ over people-pleasing
- ✓ Believes my needs _____
- ✓ Knows that taking care of myself IS _____
- ✓ Breaks generational patterns of _____

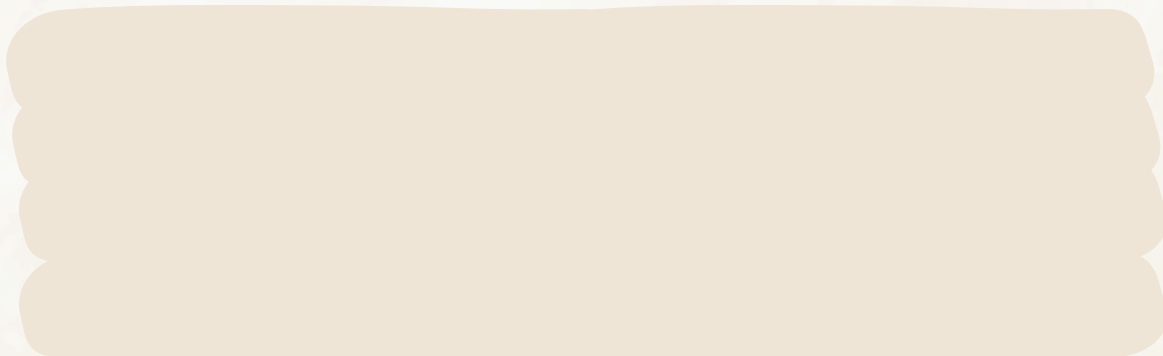
Sample Completed Manifesto:

"I am a mother who honors both my children's needs and my own needs. I make decisions from love, not fear. I model healthy boundaries for my children. I trust that good enough is enough. I choose authenticity over people-pleasing. I believe my needs matter. I know that taking care of myself IS taking care of my family. I break generational patterns of guilt and shame."

Living Your Manifesto:

- **Morning Ritual:** Read your manifesto while drinking coffee/tea
- **Decision Filter:** Ask "Does this align with my manifesto?"
- **Guilt Reset:** Return to your manifesto when old patterns surface
- **Boundary Reminder:** Reference it when setting limits
- **Teaching Tool:** Share age-appropriate versions with your children

Write your complete manifesto here:



FROM OLD IDENTITY TO NEW IDENTITY

ANCHORING YOUR TRANSFORMATION AT THE CORE LEVEL

Identity Anchoring Ritual:

Daily Identity Practice (2 minutes):

1. Place hands on heart
2. Take three deep breaths
3. Say: "I release who I used to be"
4. State your new identity: "I am a mother who..."
5. Feel this truth in your body
6. Set an intention: "Today I will show up as this version of myself"



PERSONAL IDENTITY WORK:

DAY 5 MOM GUILT DETOX PROGRAM

Personal Identity Work:

The old identity I'm releasing:

The new identity I'm claiming:

How this new identity will show up in my daily life:

YOUR SUSTAINABLE DAILY PRACTICE

MAINTAINING YOUR TRANSFORMATION LONG-TERM

Your Personal Practice Design:

My realistic daily practice will be:

I will remind myself to practice by:

When I inevitably slip back into old patterns, I will:

"TRANSFORMATION IS OFTEN ABOUT UNLEARNING THEN LEARNING"

-Richard Rohr



COMMUNICATING YOUR CHANGES:

DAY 5 MOM GUILT DETOX PROGRAM

Your personal version:

YOUR NEXT LEVEL VISION

FUTURE SELF VISUALIZATION:

How do you wake up in the morning?

How do you interact with your children?

How do you handle requests and demands on your time?

How do you feel about your choices and decisions?

What has become possible in your life that wasn't before?





YOUR PERSONAL ACTION PLAN

DAY 5 MOM GUILT DETOX PROGRAM

YOUR PERSONAL COMMITMENTS:

My #1 priority for maintaining this transformation:

The one boundary I most need to maintain:

How I'll handle setbacks with self-compassion:

The person I'll share this journey with for accountability:

My reward for successfully integrating these changes:

Your Success Metrics:

How will you know this transformation is working? Check what applies:

- ☐ I say no without over-explaining
- ☐ I take time for myself without guilt
- ☐ I make decisions faster
- ☐ I feel more present with my children
- ☐ I handle pushback confidently
- ☐ I choose "good enough" regularly
- ☐ I trust my instincts more
- ☐ I model healthy boundaries