

Mother Daughter Conflict

Sharon ([00:03](#)):

Happy mother's day. Happy mother's day to all the moms out there. Happy mother's day to all the grandmas out there. Happy mother's day to all the aunties that have been the moms happy mother's day to all the expecting moms, especially happy mother's day to all the moms that never saw their children and be born to all the moms that have lost their children that were born to all the women that have played the role of the mom.

Sharon ([00:38](#)):

To all the step moms and happy mother's day to all the dads that have had to be moms.

Erica ([00:44](#)):

Right.

Sharon ([00:45](#)):

Really wanna wish you all a happy mother's day, but this year for mother's day, we're not gonna talk about the joy of being a mother. We're gonna talk about the pain of being a mother.

Erica ([00:57](#)):

Mm-hmm.

Sharon ([00:58](#)):

The pain of being a mother to a daughter, the pain of being a mother to multiple daughters, the pain of conflict that comes along with being in a relationship with your daughter this year were gonna take on a tough subject for mother's day.

Erica ([01:14](#)):

Yeah, it's it's funny cuz when I had the boys, well, one, I said I never wanted to have a daughter cuz I wanted to avoid that whole curse that the mothers put on their daughters, when they're expecting that you get one worse than you. So I was like, okay, well I need to avoid that and just, you know, stick to this boy thing. So I had the three boys and I was like, oh my gosh, this is great. Love being the mom of boys. They're so easy. There's no conflict. Well, Austin was a special case when we've shared those stories. But then Kayla came into my life and I fell in love with her. She was 12 years old and now she's 23 and I absolutely get it.

Sharon ([01:57](#)):

Yeah. Yeah. There's something special about the mother daughter relationship, but the mothering never ends. I feel like the mothering nevers and the pain that goes along with that relationship and sometimes the hurt sometimes in the hurt that gets thrown back at you is the daggers that are, get the wrong right. On both sides, both ways. Cut like a double edged short.

Erica ([02:29](#)):

Yeah. You know, it's, it's the people you love the most that can hurt you the most.

Sharon ([02:33](#)):

Yeah.

Erica ([02:34](#)):

And it's because you have that love for them that you get the pain of the hurt when they do something that you don't agree with. And that happens, I feel like on a daily basis with mothers and daughters. Yeah. And it, I don't know why that dynamic is so complicated, but it is. And we have experienced that even with our own mother and you know what I mean? It's like, there's just a layer of conflict that feels like it never ends,

Sharon ([03:03](#)):

You know? Part of it is, and I don't your mother used to always say, when we were growing up, there can only be one queen in this house and I'm her. And part of it is that it's the dethroning that takes place.

Erica ([03:21](#)):

Right. Absolutely.

Sharon ([03:25](#)):

Dethroning that takes place. Right. And it's the it's also emotionally, it's all of the hopes, dreams and expectations that you had for that daughter. Right? The hope dreams and expectations for you had the greatness that you had for, and when you see that that hasn't happened or they're still trying to achieve it or the the judging that takes place in the mother's heart. Right. Right. And letting it go the wanting the best for them and then wanting something totally different that they feel is the best. And it's absolutely okay. But you wanting that more than they wanted.

Erica ([04:08](#)):

Right.

Sharon ([04:09](#)):

Are you expecting them to show up as a certain way and them not showing up that way, all of that is emotional

Erica ([04:16](#)):

And painful

Sharon ([04:17](#)):

And painful.

Erica ([04:18](#)):

Yeah. You know especially when they transition into adulthood and you don't have any say so and like you said, they keep coming to you for the mothering and you give them your best advice you can think of to help guide them. And then they turn around and do the complete opposite thing that you just discussed. And you're like hello, were you in the same conversation I was in? No, no brain.

Sharon ([04:45](#)):

The other thing that happens is that the oh geez. I just lost my train of thought. The other thing that happens is the the pressure that you put on them, I think, right. Because you wanted them to be, to do a certain thing or it should be done a certain way. When you put all the, you should do it the, or should do it. Like I did it. There's a lot of pressure that, that we place on them.

Erica ([05:13](#)):

Yeah. It's something about the mother daughter dynamic that when the mother says something neutral, let's say, and the daughter totally received it as an insult. Like it's like, you could be 50 years old and your mom could say something that, that brings you instantly back to your childhood and you feel like that five year old little girl, again, you know, you feel the judgment in being chastised and you, and you're like, how does this happen? And your husband is looking at you. Like you're a cuckoo bird. Cause they're like, what's wrong with you? Why are you acting like this? But there's something about the mother's delivery that can instantly bring that adult woman back to childhood

Sharon ([05:56](#)):

Well, and you know, you and I are both talking about from the mother's aspect. There's also the daughter's aspect and the daughter who loved every aspect about her mom and looked up to her and thought she was the most perfect person only to become the adult and realized she ain't that perfect person that.

Erica ([06:17](#)):

Mm-hmm.

Sharon ([06:19](#)):

She's not the love of my life anymore. Or I am who I am because of her. And some of the things I don't like about myself. I see in her.

Erica ([06:31](#)):

Yeah. That one's a big pill to swallow. Cause no matter how much we say, we're not gonna turn into our mothers when we're teens and young adults, when you become a mother, there are aspects of yourself. It's like, that's ingrained in you. And you see some of those things come out and they may not always be positives. They might be negatives. No. And then like you said, it's, it's pieces that you, you don't like about yourself because you don't like it in her. And it's, it's a struggle.

Sharon ([07:03](#)):

Well, and they're all grieving experiences.

Erica ([07:06](#)):

Yeah.

Sharon ([07:07](#)):

Grief is any emotional pain that takes place in your heart, any emotional pain. And if I have feelings about my mother in a certain way, that's a grieving experience.

Erica ([07:16](#)):

Yeah.

Sharon ([07:16](#)):

If my daughter has feelings about me in a certain way, that's a grieving experience. And my own personal relationship with my daughters is that they want me to fix it for them, but it's really about them.

Erica ([07:33](#)):

Right.

Sharon ([07:33](#)):

I can't fix this, honey. I'm so sorry. I cannot fix this. You have to do the work on your own heart. You have to do the brokenness that's in your heart.

Erica ([07:46](#)):

Yeah. And, and I think it's the challenge then is to sit back and give them the space because we, we can't do it for 'em, you know? And so it's, it's hoping and praying that they, they find the answers that they need. A lot of times we have to just watch 'em flail around for a while, you know? And that's also painful. Yeah. Because there's nothing we can do.

Sharon ([08:12](#)):

Earlier in a podcast. You and I were talking about the book that you get on marriage, you know, the book that gives you the, the step by step instructions on being married. The I, the other analogy that I use is there is no there's books on parenting, but there's no book on the step by step instructions on how to raise the perfect daughter and how to get it to blissfulness, there's always gonna be that thing you wish you had to handle differently because Erica, how come is it that you're when you're pregnant, you have all the plans of how perfect this, this relationship is gonna be with you and your daughter.

Erica ([08:52](#)):

And it's not gonna be like the one I have with my mother, cuz I'm gonna do a, I'm gonna do it. Right.

Sharon ([08:58](#)):

She's always gonna have her hair brush and she's gonna have two bows and white socks and little white sweater and white tennis shoes, and everything's gonna be perfect. And she's gonna go to the perfect college and she's gonna marry the perfect husband. And she's gonna have 2 children and the perfect house with the white picket fence. And that is not what happened.

Erica ([09:17](#)):

No, cuz you watch your little princess turn to a little witch right in front of your eyes.

Sharon ([09:21](#)):

Yeah. What about that? You know, or they end up with a medical disorder or a, a mental disorder or you're fighting with them or you're observing them go through a divorce in a terrible marriage or struggling with infertility and you are on the sideline going, how can I fix this? How can I make it better?

Erica ([09:46](#)):

Right, right. Yeah. Or even like a substance abuse issue.

Sharon ([09:50](#)):

Yeah.

Erica ([09:51](#)):

Whether it be you're the child of a mom that was addicted to something, or you start becoming addicted to something in your mother, you know, the mother watching your child struggle that, that all of that is grief. All of that is grief. And it's so extremely painful.

Sharon ([10:07](#)):

Let me lay it out here. I got it all. The mother daughter relationship is a grieving experience.

Erica ([10:12](#)):

It is. That's why we're doing this podcast.

Sharon ([10:20](#)):

I swear. It is totally stand always that way. Right. It ebbs and flows.

Erica ([10:26](#)):

Yes.

Sharon ([10:26](#)):

It ebbs and flows there's moments in your relationship with your daughter that are amazing.

Erica ([10:33](#)):

Right.

Sharon ([10:34](#)):

There's moments that just so much fun. And that moment where they're not your daughter anymore, but they're your friend.

Erica ([10:42](#)):

Yeah.

Sharon ([10:42](#)):

You know, when they grow up and they become your friend. That's so cool. And then your friends hurt you too.

Erica ([10:48](#)):

Yeah. And there's it. It's okay to acknowledge. You absolutely have unconditional love for that daughter. But there's a lot of times you don't like her.

Sharon ([11:01](#)):

Yeah.

Erica ([11:02](#)):

It's okay to say that. Yeah. Or, or being the daughter and having unconditional love for your mother, but knowing you don't like her as a person.

Sharon ([11:11](#)):

Yeah. Yeah. Yeah.

Erica ([11:13](#)):

That is okay. And we need to normalize, being able to talk about that. You know, it's through the eyes of Kayla and Danielle, who is my other unofficial daughter who we've also had on this podcast that they have taught me because we grew up in a culture. Well, that's always your mother. That's always your mother. Well, but you know, I know she's terrible and hateful, but you know, she's still your mother. They have taught me. It's okay. To not want to continue a relationship when it's toxic.

Sharon ([11:49](#)):

Yeah.

Erica ([11:50](#)):

You can choose. I know that's my mother, but she hurts me at every turn and I cannot continue to live like this. That's okay. To make that choice for your own sanity and your own heart.

Sharon ([12:03](#)):

Yeah. I agree. I agree. The mother daughter relationship is deep.

Erica ([12:11](#)):

Yes.

Sharon ([12:12](#)):

It's even more deep or deeper. Should I say when you are estranged from that estranged from them and you're not talking to them because of the years of hurt and pain, you still can get your heart right. With that relationship.

Sharon ([12:27](#)):

And that guilt does not mean you have to go running back to them. You can still get your heart, right. With your relationship, with a difficult tumults relationship with your mom or with your daughter and still live a, a better life.

Erica ([12:44](#)):

You know, I saying that it's so deep, I've worked in lots, lots of different facets with children before we got the calling to do this grief work. And it's so sad that even though like when children are adopted or they're fostered and they have these loving, beautiful, amazing people in their lives, there's something about that first rejection, not having a mother's love. It's like it haunts them their entire life.

Sharon ([13:17](#)):

Yeah.

Erica ([13:19](#)):

There's something about that bond.

Erica ([13:24](#)):

And when it's broken early on in your childhood or you, you, your mom died and you never, it's just something about that that always has a deep pain in your heart. It, and it it's something that you carry out in all of your relationships.

Sharon ([13:41](#)):

Yeah.

Erica ([13:41](#)):

You know, it's just, it's, it's, it's like mind blowing if you think about it. Yeah. But it's because that relationship, you, it goes, it goes beyond just the cute bows and the white socks and the dream you have for them. It's there was a time when you guys shared a heartbeat.

Sharon ([13:59](#)):

Yeah.

Erica ([14:00](#)):

You know what I mean?

Sharon ([14:01](#)):

Yeah. You

Erica ([14:02](#)):

Can't get deeper than that.

Sharon ([14:04](#)):

Yeah. Yeah.

Erica ([14:07](#)):

So when that is not a loving, positive, you know, sunshine and Rainbow's relationship the hurt from that, man. I just feel like this deep.

Sharon ([14:18](#)):

Yeah. Yeah. I agree with you. I agree with you. And the father daughter relationship, isn't gonna understand the mother daughter relationship.

Erica ([14:31](#)):

No.

Sharon ([14:32](#)):

And the girlfriend, the girlfriend relationship, isn't gonna really understand the mother-daughter relationship. It is something you are completely courted with that child. The two of you.

Erica ([14:47](#)):

Right. It's like the father daughter dynamic is created to rub salt in the wound of the mother, child.

Sharon ([14:59](#)):

Yeah.

Erica ([15:00](#)):

The mother daughter relationship.

Sharon ([15:02](#)):

Yeah.

Erica ([15:04](#)):

Cause I see a play out real time with me all the time. You know, I, I can say something to Kayla and she, and I will go at it and then Louis will walk in and, and she'll say the same thing to him. And he's just like, you know, heart, you could see the hearts in his eyes and the, and I'm like, what the heck just happened?

Sharon ([15:27](#)):

Yeah. Or, or you guys get into it and he walks in and put her salt in the wound and says, well, you made that bed now you have to learn how to deal with it. One of the things that I think is is also the part of the grieving experiences, realizing that it never turned out the way you imagined it.

Erica ([15:47](#)):

Right.

Sharon ([15:48](#)):

And there's some days that it's better than you imagined it. And there's some days that it's so painful.

Erica ([15:54](#)):

Yeah.

Sharon ([15:55](#)):

Imagine.

Erica ([15:56](#)):

Yeah. I mean, I definitely while coming into this mother of a daughter situation a little late in the game, you know, I definitely, I still had my, I had my hopes and dreams and expectations for Kayla's life. Like I'm gonna be, you know, this constant for her, she'll never have to hurt about her mom and you know, this and that. And then, you know, we've laid out this plan and she's continued to, I'm like go right. And she's like left, turn, left, turn, left, turn. I'm like, no, no, go right left turn, look, wait, wait, wait. Right.

Sharon ([16:33](#)):

This is your right. Yeah.

Erica ([16:40](#)):

The struggle, the struggle is real. Had I not become the mom of two daughters? I would never get it. Cause those boys, man, those boys are easy.

Sharon ([16:54](#)):

Yeah. But the yes. And the struggle is real is also about sometimes you wanna get off that train.

Erica ([17:00](#)):

Yeah.

Sharon ([17:01](#)):

Yeah. When does this stop? Oh, this is my stop. I get off here. Mr. Conductor. But unfortunately you can't do that.

Erica ([17:10](#)):

No.

Sharon ([17:12](#)):

One of the, one of the things that I I never wanted was that to be plagued upon me was the mother daughter curse, you're getting back, everything that you gave. And I don't, I, I don't want that for my daughter. I don't wanna be saying that I wanna be a joy and a help to her, but sometimes you don't, they don't let you in either, you know?

Erica ([17:32](#)):

Right. Right. Yeah. Because you said, because we know the struggle you definitely don't wanna wish that really on them. You do want them to get a little taste of it though. Just a, just a tiny little taste.

Sharon ([17:46](#)):

Well, we wanted to, we wanted to do better than our parents did and we, I want my kids to do better than I did.

Erica ([17:53](#)):

Right.

Sharon ([17:54](#)):

I want them to have more, better do things differently, cuz times change all the, all the while.

Erica ([18:00](#)):

Right. And you know, I think the saddest thing is that especially when there's conflict in the relationship from the mother perspective, our intention, I know, you know, just speaking for me like, and I know you too, it's like, we definitely always come from a place of love, but it's not always received that way. Yeah. You know, it it's, it's reacted to as though we intended to just crush their spirit. Yeah. It's never the intention.

Sharon ([18:30](#)):

She brought Oreos over to my house. Okay. You know, it's like the littlest thing becomes the biggest thing. Right. I don't know. I guess you, I guess being you and I are right in the middle, we are daughters, our mothers still alive and we're are both mothers of daughters. And so we're right in the middle. We can see both sides. Plus on top of all that, we get so many grieverers that come to us and they end up having to grieve their mother or their daughter relationship

Erica ([19:07](#)):

Sometimes both.

Sharon ([19:08](#)):

Yes. And not always because of death.

Erica ([19:11](#)):

Right.

Sharon ([19:12](#)):

Cause those relationships just are

Erica ([19:14](#)):

Absolutely

Sharon ([19:16](#)):

I'm good. Bad or, or ugly. They just are. And sometimes they're painful.

Erica ([19:21](#)):

Yeah. I think a lot, I think more often than not, they're painful because of the expectations that are laid out there. And we always say expectations lead to a planned disappointment.

Sharon ([19:34](#)):

Yeah. Yeah. If you're a mother and you're struggling this mother's day, we send you love and healing. If you're a daughter who is missing a mom who is gone already, or you're in a tumultuous relationship with your mom, we send you love and healing this mother's day. If you're in between like Erica and I. Between the mother and the daughter and everything is going great. We send, you love this mother's day, wherever you are. Just know, we got a ton of girl power behind you and we love you. And we'd be honored to work with you and show you the way out of this pain for sure.

Erica ([20:17](#)):

Absolutely. And it's so worth it because it definitely helps improve the conflict because we can take that energy off of that pain and get you to where bringing Oreos over isn't offensive. <Laugh>

Sharon ([20:32](#)):

Yeah. Having mother's day friends

Erica ([20:36](#)):

Having mother's day.

Sharon ([20:39](#)):

Bye.