



You Are Not Alone

Worksheet 2

Parenting is not always easy, here are some indicators that you might feel, if you identify with any of these feelings understand you are not alone and there is help out there for you!

1. Lack of Support Network:

I feel like I have limited or no support from family members, friends, or community resources. I struggle to find someone to talk to or rely on for advice, encouragement, or assistance with childcare responsibilities.

2. Social Withdrawal:

I find myself withdrawing from social interactions or activities I once enjoyed. I decline invitations to social gatherings, avoid community events, or isolate myself from others due to feelings of inadequacy, judgment, or disconnection.

3. Feeling Overwhelmed:

I feel overwhelmed by the demands of parenting and household responsibilities. I struggle to balance work, family, and personal commitments, leading to feelings of exhaustion, stress, or burnout.

4. Sense of Exclusion:

I feel excluded or marginalized within my social circle or community due to differences in parenting styles, values, or experiences. I perceive myself as being different from other parents or unable to relate to my peers, leading to feelings of loneliness or alienation.

5. Self-Doubt and Isolation:

I experience self-doubt or negative self-talk about my parenting abilities. I fear being judged or criticized by others, leading me to withdraw from social interactions and internalize my feelings of inadequacy or failure.

6. Limited Resources:

I lack access to resources or support services that could help alleviate my feelings of isolation. I live in an area with limited community resources, face financial constraints, or have difficulty accessing affordable childcare or parenting programs.

7. Cultural or Language Barriers:

I face cultural or language barriers that hinder my ability to connect with others or access culturally relevant support services. I feel isolated due to a lack of understanding or acceptance within my cultural or linguistic community.

8. Geographical Isolation:

I live in a rural or remote area with limited opportunities for social interaction or community engagement. I feel isolated due to geographic barriers that make it difficult to connect with other parents or access support services.

9. Mental Health Challenges:

I experience symptoms of depression, anxiety, or other mental health issues that exacerbate my feelings of isolation. I struggle to reach out for help or engage in social activities due to my mental health condition.

10. Single Parenting:

As a single parent, I feel particularly isolated due to the lack of a partner or co-parent to share the responsibilities and challenges of raising a child. I feel overwhelmed by the demands of solo parenting and struggle to find time for self-care or social connection.

Recognizing these signs or indicators helps to identify what you might be feeling. Building a supportive network of friends, family, and community resources can help you feel more connected, supported, and empowered on my parenting journey.