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Readers of yesterday's [Q&A with Katherine Wintch](#), founder and CEO of [The Mom Complex](#), clamored for more of her wise counsel and insights. As an encore, today I offer some of her thoughts on overcoming self-doubt and judgment, the topic of her [WomanKind 2014](#) workshop on February 8.

I've done research in 17 countries around the world, specifically just on the topic of motherhood and how mothers feel about the job and the job they're doing. The research I did revealed that the number-one emotion that all moms share, regardless of age, race, income and geography, is doubt.

More specifically, it's self-doubt. "I doubt whether I'm doing a good job at this most

important job, but more importantly, I doubt whether I can say anything when I feel like I'm doing a bad job."

This internal doubt causes us to have voices in our head that we never think we're good enough. We think we're failing at this task of motherhood every day. We're not good enough, fast enough, smart enough, nice enough or patient enough. As a result of that internal deficit, we often lash out at other mothers and critique their style and behavior.

It all starts internally. As soon as mothers can get their internal compasses straightened out, the likelihood of attacking other people's mothering practices dramatically decreases.

A lot of the work I focus on is what I call the "mask of motherhood." We feel like we're not doing a good enough job, yet we put this mask over our own thoughts, feelings and emotions. We walk around and tell the world that we have everything under control and that it's not quite as hard as we thought.

We don't admit that we need help, and that juxtaposition between on the inside feeling that you're failing and then projecting an image to the world around you that you have everything under control is a very painful place to be.

When you look at Eckhart Tolle's "[The Power of Now](#)," and all of his writing, it's actually the definition of human suffering. It's when the expectations that you have for your life exceed how you feel you're performing within your life. I help mothers take off their mask.

-Katherine Wintch on Ending the Internal Mommy Wars

ear More at WomanKind

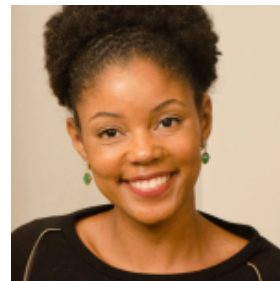
Katherine Wintch, founder and CEO of The Mom Complex, will take part in WomanKind 2014, a Richmond, Virginia-based conference to be held on February 7- 8. The Friday festivities include a cocktail reception, presentation and book signing with author Glennon Doyle Melton. Saturday offers an author panel and workshops including Katherine's presentation on "Ending the Internal Mommy Wars," lunch and worship. Visit <http://www.womankindrichmond.com> for conference details.



Category: [Interviews](#)

About Maya Smart

I'm Maya Payne Smart. For years, I wrote only for hire. Before Baby, I was a business journalist who wrote hundreds of articles for publications ranging from local weeklies to national mega-sites. These days I'm writing for love—promoting the causes I support, interviewing women I admire, repping the RVA Richmond, Virginia, that is—and capturing juicy slices of the Smart life. Thanks for checking me out!

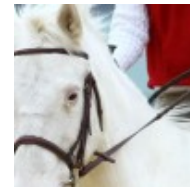


Comments & Feedback:

Gigi

February 6, 2014 at 11:31 am

After reading yesterday's awesome interview with Katherine Wintch, I jokingly asked my adult daughter at dinner last night: "What makes me a good mommy?" Her answer floored me because I would never have imagined it. She just said something like, of all of the people I've ever met, you're the one I want to be like because you try so hard to be impeccable with your word. You know, I think the self-doubt is as prevalent as kudzu even once our children are grown. Soooo hard to get rid of. But, asking that question helped me to see my role and my effort so far in my daughter's life a lot differently. I'm very thankful for the conversation that unfolded, sparked by the dialogue between Maya and Katherine!

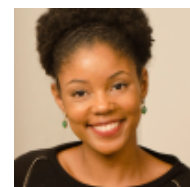


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Maya Smart

February 6, 2014 at 4:34 pm

Well done, Gigi! What a great example you've given your daughter. Love that she found exactly the right words to describe the impact



you've made over a lifetime.

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