

# 7 ways Mom**Rage** is hijacking your happiness!



# HERE'S THE THING



Caught in the grips of MomRage, you're far from alone on this turbulent journey.

MomRage, that sly devil, has a way of blindsiding you, doesn't it? Just when you think you're sailing smoothly, it pounces, leaving you feeling trapped in its overwhelming hold.

But here's the truth: you're part of a vast community of women navigating the same stormy waters, each believing they're sailing solo. But you're not alone.

Welcome! In this space your battle with MomRage is not just recognized but understood deeply.

As a certified life coach, I've walked this path—not only alongside countless women like you but as someone who has personally battled and befriended my own MomRage.

Through coaching, I've discovered that the strategies and tools that empowered me and many others could be your beacon of hope, too.

Being a mom is a profound part of who you are, but it's not all there is to you.

You're done settling, exhausted from the constant fatigue, and you're screaming, silently or aloud, for change.

You're at a threshold, ready to reclaim your power, mend the bonds that mean the most, and orchestrate a life that resonates with who you truly are.

But to embark on this transformative journey, recognizing the subtle yet pervasive ways rage infiltrates your life is crucial.

Are you prepared to confront it? To transform your MomRage into a source of strength and healing?

Together, we can navigate this. Let's embark on this journey of self-discovery and empowerment.

# What is MomRage?

*Tricky. Painful. Informative. Fluid. Interchangeable.*

*MomRage is a common struggle for mothers, characterized by intense responsibilities and emotions, leading to feelings of being overwhelmed and unsupported. It highlights mothers' dedication and resilience as they prioritize others' needs over their own, facing daily pressures.*

Choose the scenarios below that you connect with:

- ☐ Dealing with a tantrum in public
- ☐ Woken up at 3 am because your kid can't sleep
- ☐ Juggling multiple responsibilities at once without a break
- ☐ Enduring constant interruptions while trying to work or complete tasks
- ☐ Feeling overwhelmed by the demands of being a parent
- ☐ Feeling emotionally drained and exhausted from the constant demands of parenting
- ☐ Constantly worrying about your child's well-being and safety
- ☐ Handling sibling squabbles and arguments
- ☐ Managing a never-ending pile of laundry
- ☐ Trying to maintain a peaceful atmosphere while your child is having a meltdown
- ☐ Stepping on a Lego piece in the middle of the night
- ☐ Negotiating bedtime routines and struggles
- ☐ Cleaning up a mess made just after you finished tidying up
- ☐ Cooking a meal only for it to be refused by your child
- ☐ Having to repeat yourself multiple times before your child listens
- ☐ Balancing work commitments with parenting duties
- ☐ Feeling guilty for not spending enough quality time with your child
- ☐ Struggling to find time for self-care amidst the chaos of motherhood
- ☐ Battling with yourself and your partner about everything
- ☐ Dealing with judgmental stares or comments from others while in public with your child

Can you recall 5 moments when anger  
had a significant impact on you?

1.


2.

3.

4.

5.

# Is it possible my list took you by **surprise**?



*Here's the thing:* our daily lives are often shaped by what's modeled in the media – from our mothers to commercials, TV shows, movies, endless magazine covers and articles. Since FOREVER, these influences have dictated our roles within the family and society as a whole.


Despite strides made, there remains significant room for growth, both individually and within our relationships.

We become entangled in the allure of *romance*—the attraction, the idealized notion (or perhaps, the illusion)—and lose sight of the necessity to forge an **equitable future with a partner** from a place of maturity, where open communication of our needs and the capacity to hold space for theirs are paramount.



Stick with me....

*All This said, moms have a shit ton of perceived responsibility pent up ready to blow at any given moment!*



I am suggesting, through coaching we uncover and shift some of the old “messy” ways and make way for the truly delicious experience for the Badass aching to be in charge!

BUT FIRST—

# Introducing: 7 ways MomRage is hijacking your happiness!

1

How have difficult relationships impacted your family dynamic, from partners to children? Such strain can lead to distance and resentment within the family. Can you recall a recent instance when this occurred?

2

Think about the health consequences of chronic anger and stress associated with your MomRage. Have you considered the toll it can take on your physical health, contributing to issues such as high blood pressure, weakened immune function, and increased risk of heart disease? Describe what happens to your physical body when you are locked in rage?

3

Believe it or not, constant feelings of anger and frustration can lead to emotional distress, including symptoms of anxiety and depression. Suppressing these emotions may also result in mood swings and irritability. Who can live a productive life through this experience? Describe the last time you suppressed your emotions and why?

4

When your decision making is impaired (*aka: you are consumed by MomRage*), your ability to make clear and rational decisions are compromised. This impacts precious areas of your life, including parenting choices, career decisions, financial management... the list goes ON and ON! Could you share a time when a hasty decision you made led to an outcome that completely devastated you?

5

Surprisingly, another effect of Momrage is how distracting and draining it is, making it difficult to focus on tasks and responsibilities. Ultimately leading to decreased productivity in all areas of your life... adding to the exacerbating feelings of stress and frustration. Can you describe a time when you set out to complete a list of chores and found yourself slumped on the couch defeated and drained?

6

These feelings of MomRage may cause you to withdraw from social activities and isolate you from friends and support networks out of fear of being discovered! This isolation creates even more feelings of loneliness perpetuating the negative effects of MomRage. Can you describe a time when you made plans, only to cancel out of not feeling your best?

7

**THE MOST DAMAGING PART OF THE MomRage EXPERIENCE** is that children often learn by example, and witnessing unchecked MomRage can teach them unhealthy ways of coping with emotions and resolving conflicts. Ultimately, this perpetuates a cycle of anger and dysfunction within the family. I bet you if you look back into your childhood, there would be many indications of this example. It's always worth understanding. Which begs the question: *What are you willing to do to change the trajectory of your current experience?*

To be honest, the impact of my rage on myself and my family was overwhelming, making it increasingly difficult to bounce back. I wanted my relationship with my daughter back - I was willing to do anything to make that happen!



WHAT ARE YOU WILLING TO DO?





- ✓ You are ready to shift out of your pain and take the lead!
- ✓ You are chomping at the bits to rekindle your relationship with your partner.
- ✓ You're prepared to embrace every aspect of the journey without judgment, for yourself, your partner, and your family.
- ✓ You're ready to deepen your connections with your kids, fostering understanding and harmony in your interactions, creating a home filled with love and laughter.
- ✓ You are ready restore the vitality that's been drained by pent-up emotions, redirecting that energy towards positive pursuits and meaningful interactions in all parts of your life!
- ✓ You are ready to say goodbye to the chaos once and for all!
- ✓ You are ready to clear the fog of rage from your mind — so you can think more clearly, make sound decisions, and embrace life with a renewed sense of purpose and peace.

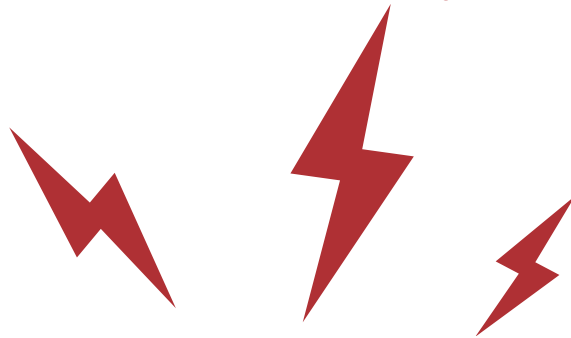
Hey There,

I wanted to remind you...

Your rage doesn't define you; it informs you.

You are one of the empowered mothers who are transforming MomRage into resilience.

Together, we're rewriting the narrative and embracing our strength! Thank you for joining me here at MomRageRx!



**Ignite change and embark on your transformative journey with the MomRage REVOLUTION.**

[Book your free session today!](#)

**GOT QUESTIONS:** [natalieblalockcoaching@gmail.com](mailto:natalieblalockcoaching@gmail.com)



You are ready to join my 12-week one on one personalized coaching program, where we use **R.A.G.E.** as a roadmap to –

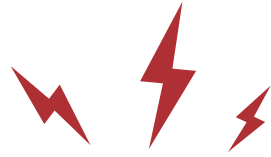
**Regroup, Acknowledge, Ground, and Empower**

*As a certified life coach, I've crafted a program tailored to your needs, drawing from years of experience to support your unique transformation.*



**YOU WILL...**

*Unlock a smorgasbord of benefits, custom-tailored to tame your **MomRage**, all served up with a side of wit and wisdom by yours truly, your **MomRage**-busting coach!*



## **MomRage one on one Coaching Package**

### **12 One on One Zoom Sessions:**

You will not erase what you're feeling; instead, you'll face it head-on. By acknowledging and embracing your emotions, you'll find healing and redefine your relationship with rage, turning it into your superpower. Together, we'll strengthen your bonds with yourself and in turn your loved ones, fostering deeper connections and understanding.

### **Weekly personalized Support and Education:**

You won't be alone on this journey. With access to one-on-one coaching sessions, personalized text support, and weekly educational videos, all crafted to fuel your transformation and growth, you'll have a support in your pocket and by your side.

### **Learn to Embrace Imperfection:**

There's beauty in imperfection. You'll let go of chasing an impossible standard of perfection and prioritize what truly matters: your connection with yourself and your loved ones. Remember, YOU are the goal, and your journey is led by authentic connection.

### **Redefine Motherhood:**

Confronting and overcoming rage isn't easy, but it's necessary for your growth. You will explore your emotions and stories, taking ownership of your narrative and challenging societal expectations. Together, we'll embrace the messy yet beautiful journey of motherhood.