

# Archetypes of Mothers

## MOTHER

## DAUGHTER

<p><b>Perfectly Imperfect</b></p>	<p>Meets needs, doesn't fix everything; allows daughter to learn from failure; see her struggles with daughter as individuation- doesn't personalize their differences- or feel them as rejection. Supports rather than enables. Doesn't strive to be perfect or expects her daughter to be perfect.</p>	<p>Self-confident; not afraid to take risks; develops respectful interdependence; develops appropriate boundaries.</p>
<p><b>Guardian Angel</b></p>	<p>Helicopter hovering, sanitizes disappointment, Protects daughter from failure Is reliable</p>	<p>Entitled, difficulty w/ disappointment, lack empathy for her mom, message that she's not competent to do it herself; insecurity</p>
<p><b>Alpha Mother</b></p>	<p>Disapproving, judgmental, hypercritical, daughter not meeting her standards- great exec functioning skills, Faultfinding, Censors daughter</p>	<p>Hides her true feelings, lack of communication; shame; may feel like a failure</p>
<p><b>Long Distance Mother</b></p>	<p>Meets custodial needs, not emotional needs, Disconnected from her feelings, not emotionally demonstrative</p> <p>© Linda Perlman Gordon &amp; Susan Morris Shaffer</p>	<p>Experiences this as lack of love, needs to find love and support elsewhere; may avoid seeking contact with mom; may have trouble establishing trusting relationships; Daughter may not be able to label what she feels, which makes communication of feelings difficult.</p>

<b>Shadow Mother</b>	<p>Self-denying, powerless, deselfed, denies her own validity- puts self last, dependent. Can't teach daughter to claim her own voice; can be experienced as controlling  Mother stays home all day calls daughter.....</p>	<p>Angry at her mother's fragility, daughter may take care of her mother  Guilty for her anger and impatience with her mother  Must become self-reliant  Sad about mom's unfulfilled dreams</p> <p>Daughter feels guilty because she's the only one her mom has talked to all day</p>
<b>Mini-Me Mother</b>	<p>Less controlling than alpha mom- want to mold daughter in her own vision of what she should be  Decides daughters wants and needs  Velcro mom  Enmeshed- may look close, but with conditions.  I'm hungry- you need to eat; I'm cold, put on a sweater</p>	<p>Individuation is impaired  Happiness defined in terms of mother's needs  Difficulty knowing where she starts and her mom ends  Wants mother's approval; willing to sacrifice individuality for mom's approval</p> <p>Daughter doesn't have a chance to know how she feels</p>
<b>Chameleon Mother</b>	<p>Inconsistent- sometimes lavish attention, sometimes preoccupied, Unreliable, unpredictable, overwhelmed by own needs.</p>	<p>Insecure attachment  Disappointed, distrustful of relationships  Anxious, ambivalent, insecure relationship  May distance herself</p>
<b>Trans - Cultural Mother</b>	<p>May need assistance from daughter re: negotiating systems in USA.  Have own cultural expectations which may conflict with daughter's outside community  Cultural norms may be in conflict with daughter's life  Language barrier, etc.  dependent on daughter</p>	<p>Straddle 2 cultures, own and USA  Might need to be a parent to mom</p> <p>Guilt for doing things differently. Assimilation makes her seem less loyal to her family.</p>

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