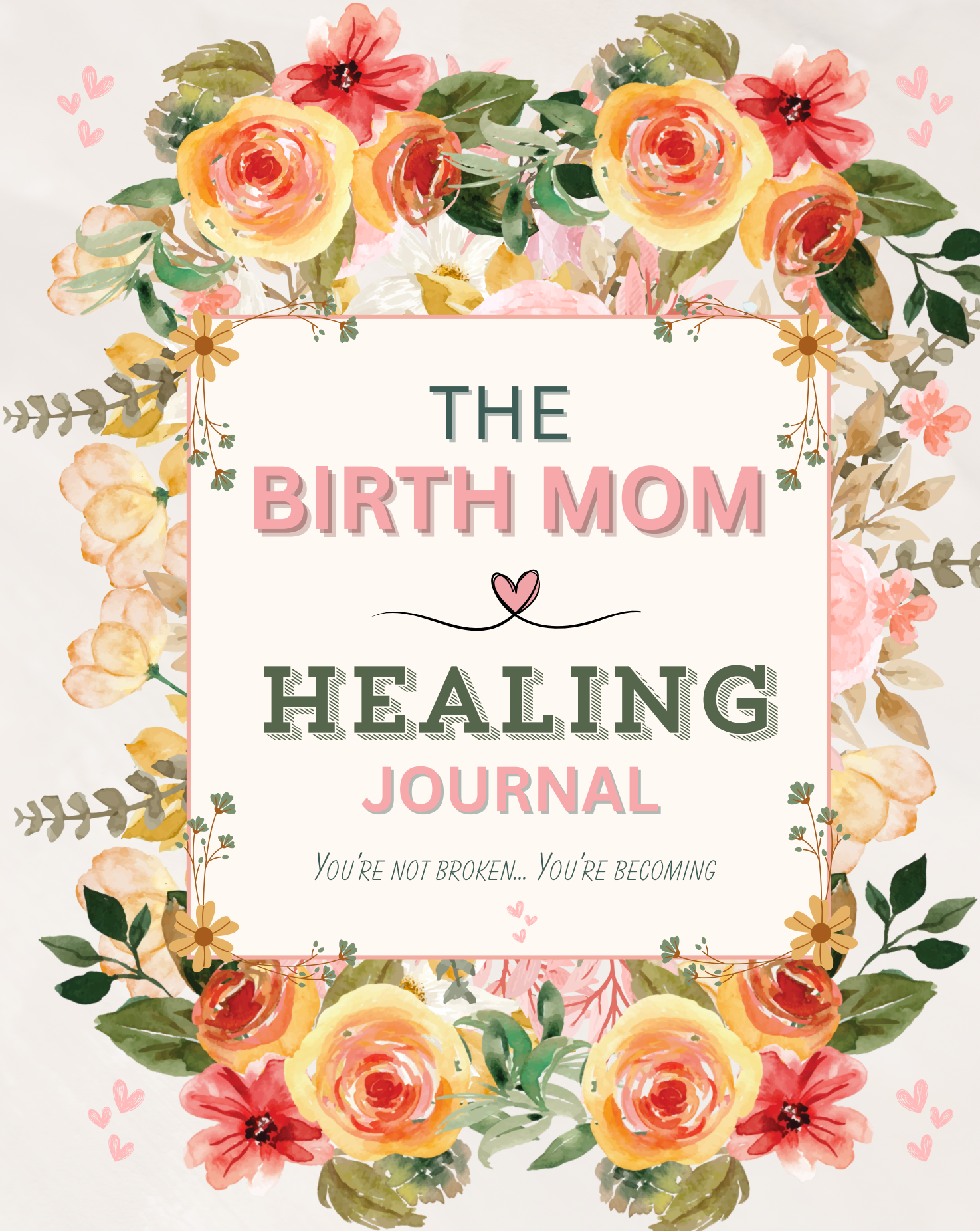




THE BIRTH MOM



HEALING JOURNAL

YOU'RE NOT BROKEN... YOU'RE BECOMING

created by Hillary Northrop,
a *Birth Mom*



Welcome

THIS JOURNAL HOLDS SPACE FOR THE PARTS OF YOU STILL
LEARNING TO BREATHE, FEEL AND BECOME. WHETHER YOU'RE IN
THE EARLY DAYS OF NAVIGATING LOSS OR YEARS INTO YOUR
JOURNEY-

YOU ARE NOT ALONE.
YOU ARE SEEN.
YOU ARE COURAGEOUS.
YOU ARE WORTHY.

THIS JOURNAL IS HERE TO SUPPORT YOUR HEALING, ONE GENTLE
PAGE AT A TIME



About Me

HILLARY NORTHROP

BIRTH MOTHER ADVOCATE AND SPEAKER



HILLARY IS A PASSIONATE ADVOCATE FOR BIRTH MOTHERS' RIGHTS AND VOICES WITHIN THE ADOPTION COMMUNITY. AS A BIRTH MOTHER HERSELF, SHE INTIMATELY UNDERSTANDS THE COMPLEXITIES AND EMOTIONS INVOLVED IN THE ADOPTION PROCESS.

HER JOURNEY BEGAN WHEN SHE MADE THE COURAGEOUS DECISION TO PLACE HER CHILD FOR ADOPTION 25 YEARS AGO, WHILE NAVIGATING THE RAMIFICATIONS OF BEING AN SA SURVIVOR.

HILLARY AIMS TO INSPIRE COMPASSION, UNDERSTANDING AND APPRECIATION FOR THE COURAGEOUS WOMEN WHO CHOOSE ADOPTION. MOTHERHOOD HAS BEEN THE MAIN FOCUS OF HER LIFE, AND SHE HAS GONE ON TO BE A WIFE AND RAISE 4 BEAUTIFUL CHILDREN OF HER OWN.

HER EXPERIENCES HELP FOSTER HOPE IN BIRTH PARENTS NEW AND OLD, WITH WAYS TO HEAL, PERSERVE AND SUCCEED IN CREATING PEACEFUL AND JOYFUL LIVES AFTER PLACEMENT.

HER STORY IS ONE OF RESILIENCE, SELFLESSNESS, AND LOVE, ILLUSTRATING THE PROFOUND IMPACT THAT BIRTH MOTHERS HAVE ON THE LIVES OF THEIR CHILDREN AND ADOPTIVE FAMILIES.





What did I feel the day I said goodbye?

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What do I want to heal first today?

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How can I honor my strength?

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What do I wish my child to always know?

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What does self-compassion feel like?

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-MY LOVE WAS REAL. MY CHOICE WAS BRAVE.-





What parts of me have I silenced since the placement?

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In what ways did I show love, even if it went unseen?

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-I HONOR THE MOTHER IN ME, EVEN IN QUIET-





How has this experience changed the way I see motherhood,
strength, or love?

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Where in my body do I carry this story?

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HEALING IS NOT FORGETTING-



IT IS REMEMBERING WITH GRACE-



What do I need to forgive myself for?

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What has this grief taught me about compassion for others?

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-I MADE A DECISION WITH LOVE



AND THAT LOVE STILL LIVES IN ME-



What do I wish others understood about birth moms?

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If I could cradle my heart in my hands, what would
I whisper to it?

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What does wholeness mean to me now- and how am
I already on the path?

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What does a future version of me-healed, whole, at peace-
want me to know today?

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-I STILL DESERVE PEACE, JOY AND A FUTURE I LOVE-





Thoughts

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Thoughts

- I AM NOT BROKEN. I AM BECOMING -

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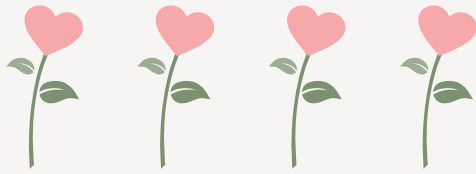
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*"Healing doesn't mean the damage never existed.
It means the damage no longer controls our lives."*

If you made it this far, please take a moment to honor the courage it took to show up, to feel, and to write. Healing is not linear. It's not tidy or easy. But it is sacred- and you are walking it with such grace.

You are more than your decision.
You are more than your grief.
You are still- and always- a mother.

May you carry forward the truth that you are worthy of softness, joy, connection, and peace- no matter where you are in your journey.

You are not alone. You are not forgotten. You are not broken.

You are becoming.

With love,
A Birth Mom who sees you. I love you.

Join the Goldenlight Hillary community:

 GoldenlightHillary



Goldenlight



PRINTS

SPREADING LOVE, LIGHT, & HEALING
THROUGH PERSONALLY DESIGNED
PRODUCTS