

What to Do When Your Mom-Friend Is Hurting: A Real Guide for Real Moms

1. Start with Empathy — Not Advice

I don't have all the answers, but I'm here. You don't have to go through this alone.

Too many moms shut down because they're told what to do. You don't need to fix her — you need to be her steady ground.

2. Be the Mom-Friend Who Doesn't Flinch

If she shares something painful — don't look away, don't change the subject, don't panic. Say: "I'm really glad you told me. That was brave."

Just hearing that can keep her from shutting the door again.

3. Ask Gentle, Grounding Questions

Instead of: "Why are you still with him?"

Ask:

"Do you feel safe right now?"

"What would help you feel a little more in control this week?"

"Is there anything I can take off your plate today?"

4. Be Her Anchor, Not Her Lifeguard

She doesn't need saving. She needs someone who won't let her drown.

Offer to watch her kids for a few hours.

Send a meal.

Say, "I'm here, even if you're not ready to talk."

5. Quietly Keep a "Just-in-Case" Box Ready

In case she ever decides to leave fast — you can help her prep:

- Spare clothes for her/kids
- Cash or gift card
- Copy of important docs
- Local helpline numbers

(Tell her about it only when she asks — no pressure.)

6. You're Not Her Therapist — But You Are Her Lifeline

You don't need the perfect words.

Just be there — gently, without judgment.

Some days she'll talk, some she won't.

But your steady presence? That's what saves her.

7. Don't Forget to Check In With Yourself Too

Helping her is beautiful — but it can be draining.

- Journal your feelings
- Take quiet time
- Get support if you feel overwhelmed

You can't pour from an empty cup — and she wouldn't want you to.

Final Line:

Being her friend doesn't mean pulling her out — it means sitting beside her until she's ready to stand.

momscozycorner