

# BIRTHMOTHER, GOOD MOTHER:

Her Story of Heroic Redemption

"After working through their fears and conflicts, **birthmothers choose adoption because they believe that it is best for their children.** They realize that adoption is not abandonment; it is a loving, responsible act. **By choosing what is best for their children, birthmothers see themselves as good mothers.** Instead of feeling like bad mothers for abandoning children or "giving them away," they now begin to see that placing their children with loving couples is what it means for them to be good mothers. They redeem themselves, transforming their mistakes into positive outcomes. **Adoption allows them to recover their self-esteem, restore their identity, and renew their dreams and goals.**"

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"Sometimes, making an adoption plan is what it means to be a *good* mother."