

AFFIRMATIONS FOR MEN

Affirmations are simply positive thoughts. We use affirmations to influence our beliefs, to build our confidence and to maximize our potential. When we first say an affirmation, it may not feel right or true, but the more we see and say and read and write it, the more internalized it becomes, the more true it becomes.

The affirmations below are only samples. Make up your own affirmations, ones that address issues important to you.

When making an affirmation, remember to make it:

- ✓ Present tense
I, Bob, am doing X.
(Rather than: I will do X.)
- ✓ Positive
I, Bob, am calm and supportive.
(Rather than: I do not faint in labor.)

Try phrasing your affirmations in several ways.

- ✓ I, Bob, am accepting this labor.
- ✓ Bob is accepting this labor.
- ✓ I am accepting this labor.
- ✓ You, Bob, are accepting this labor.

Write your affirmations down and post them where you will see them often. Start with only a few. When an affirmation starts to feel comfortable to you, add a new one! Let your affirmations reflect your needs.

I am taking care of myself during this pregnancy.
I see my wife as a strong and capable woman, and this does not threaten me.
I am supporting her during her labor, even when she is in pain.
I am expressing my love to my wife easily and frequently.
I am accepting the labor that is meant for us.
I am accepting feelings of helplessness.
I am sensitive, tender, open and trusting.
I am feeling the love that others have for me when I need support.
I see birth as a completely safe experience.