

# AFFIRMATIONS FOR WOMEN

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, Susan, am doing X.  
(Rather than: I will do X.)
- ✓ Positive  
I, Susan, am opening and birthing powerfully.  
(Rather than: I do not want to use drugs in labor.)

Try phrasing your affirmations in several ways.

- ✓ I, Susan, am beautiful.
- ✓ Susan is beautiful.
- ✓ I am beautiful.
- ✓ You, Susan, are beautiful.

Write your affirmations down on pretty paper 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 love being pregnant.  
My body looks beautiful.  
I am full of energy and confidence.  
I feel organized and ready for this birth.  
I love who I am.  
My needs are important.  
I can trust my inner wisdom.  
I am safe, secure and protected.  
I can say no and still be respected.  
I can think and feel at the same time.  
I feel good being pregnant.  
I have time for this pregnancy in my life.  
I trust my body to give birth.  
I trust my instincts to know what is right for me in labor.  
I love and respect all of my sexual parts.  
I open my sexual body and birth freely.  
I deserve a totally supportive birth experience.  
I am a competent human being and my competence is reflected in my labor and childbirth.  
I am a child of God and my inheritance is abundant joy.

I can do all things through Christ who strengthens me.  
I am confident about labor.  
I look great.  
I am a strong and capable woman.  
My body is working for me.  
I am designed to give birth.  
I am giving birth normally.  
I am invincible.  
I am woman!  
I am creating a totally positive and new birth experience.  
My pelvis is releasing and opening (as have those of countless women before me).  
I am accepting my labor and believe that it is the right labor for me and for my baby.  
I now feel the love that others have for me during the birth.  
I am treating my mate lovingly during the birth.  
I have a "success consciousness."  
I have a beautiful body.  
My body is my friend.  
I now see my last birth as a learning experience, from which I am growing and changing.  
I embrace the concept of healthy pain.  
I am welcoming my contractions.  
I have enough love to go around.  
I am strong, confident, assured and assertive and still feminine!  
I am helping my baby feel safe so that she can be born.  
I already possess the knowledge about how to give birth.  
I am growing from this pregnancy and birth.  
I love my body and gain faith in it every day.  
I deserve positive birth experiences always.  
I attract a birth team who loves me and supports me.  
I am expressing my needs and my needs are being met.  
I deserve the very best in life and the best is coming to me now.  
My body knows how to grow my baby. My body knows how to birth my baby.  
I am opening to let my baby out.  
I am giving birth to my baby.  
I am welcoming every contraction as it brings my baby closer.  
I am fearfully and wonderfully made to give birth.  
I am loved and cared for and respected even if I lose control.  
I can surrender control in order to birth my baby.  
I am safe when I surrender to labor and birth.  
There is always enough love for me.  
Birth is a completely safe experience.  
All things are working together for good in my life.  
Birth is a wonderful experience.  
Birth is a pleasure and a release, an affirmation of myself and an opportunity for growth.