

IDENTIFYING BELIEFS

What beliefs do you have about birth? Are these beliefs serving you? Will they help you get the kind of birth you are planning? Take some time with each other to explore your beliefs. Simply complete the sentence with your first thoughts.

A woman's pregnant body is...

Watching movies about birth makes me feel...

The thing that bothers me most about babies is...

The thing I like most about babies is...

The thing I like most about being pregnant is...

When I see someone I love in pain I...

What scares me most about having a baby or another baby is...

I think labor will be mostly...

The thought of a birth with no interventions makes me feel...

What I want others to do for me during labor is...

When I think about the pain of labor I...

What I expect to enjoy most about the birth is...

If I could say one thing to my partner or spouse about this birth...

Looking at my incision/stretch marks makes me feel...

In order to be healed from my previous birth, I would need to...