

TRACKING YOUR TIGERS

Recurrent tigers are those feelings that give you a tight feeling in your gut, nightmares and constant worry. Ignoring these tigers and just hoping that they will go away implies that you think the tiger is bigger or stronger than you are. Try tracking and taming your tigers this way.

1. Write down all the things you hope won't happen.
2. Look your tigers in the eye. Let your imagination flow into your fear.
3. Ask yourself: What do I need to do to tame or escape each tiger? What will make my birthplace safe?
4. DO IT. Even if you are afraid. Get help if you need it.

Adapted from Birthing From Within (Pam England & Rob Horowitz)

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