

# I Deserve Birth Support

## Online Course for Pregnant & New Mamas



## Rewrite Your Birth Story Practice

From the moment we are born, we are imprinted with an idea of what birth is like from our personal experience. As we grow up, we hear our parents telling our birth stories, we hear friends and family recounting stories of birth, we see mamas yelling and screaming in anger and in pain on the movie screen, and when it comes to our time to be pregnant and prepare for birth it's as if we're wearing a sign for nine months that says, "please tell me a horrifying birth story!"

The following journaling exercise is designed to help you uncover what you have been taught to believe about birth from childhood, the media, friends, family, and even your past experience, so that you can release others' stories and allow your birth story to be written on a fresh sheet of paper.

Please take out a journal and complete the following prompts in as much detail as you feel inspired to:

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- My birth story as told by my mom was:
- Birth was communicated to me in my family as:
- The way I imagine birth to be is:
- In the media birth looks:
- \*Bonus for health practitioners: The way i experienced birth as a doctor, nurse, etc. has been:

Now close your eyes. Take deep breaths into your belly, letting it balloon out. Feel your feet grounded on the floor. Sit here and visualize your dream birth for you and for baby. What do you see and hear? How do you feel? Who are you being throughout each moment? Write or draw everything below: