



Imagine that your baby is already in your arms and your birth went exactly the way that you wanted it to go.

- What happened?
- Where did it happen?
- When did it happen?
- Who was there?
- How do you feel now?

Write out your birth story in past tense. Use this story to help you choose what to put in your birth plan. If you want to take this exercise to the next level, read your birth story out loud. Really feel it. Then when you are ready, record yourself telling your birth story. There is something really powerful about hearing yourself, tell your birth story in this way. Then if you want to take it even deeper, listen to the recording at night as you are drifting off to sleep. Or even, play it on a loop during the night. This step will move the story into your subconscious mind, sending this message directly to your body and your baby.

Other Ways To Use This Exercise

Help With Labour

- You can use the exercise of imagining your baby already in your arms, to help you get through early labour contractions.
- If you are in prodromal labour, you can use this same exercise to help you get into active labour.
- Tip: You can add the date that you want your baby to be born in to your recorded birth story and listen to that at night.

Help With Challenging Conversations

- If you are dealing with a challenging health care provider, you can imagine how you want your appointment to go ahead of time. Write it down as if it has already happened. This will help you to be more relaxed going into your appointment, and if you are more relaxed, they are more likely to be relaxed.
- The same can be done for talking to difficult friends, family members, or other people in the community.



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