

# With-IN-Powered Birthing

Please set aside 45 minutes to dig into this worksheet and complete the reprogramming meditation once you've finished.



1) List all of the fears you have surrounding labor and birth.

(Think About: Hospital Setting-~ not feeling heard, desires honored, the sounds, lights, provider not there during delivery, interventions, C-Section. Home Birth Setting- If baby needs more serious medical attention, emergency transfer, lack of insurance coverage.)

1. _____	11. _____
2. _____	12. _____
3. _____	13. _____
4. _____	14. _____
5. _____	15. _____
6. _____	16. _____
7. _____	17. _____
8. _____	18. _____
9. _____	19. _____
10. _____	20. _____



Next Step... Go through each item, get into your body and out of your head as you go through each item.

2) What is the emotion tied to this fear? An emotion is one word.

1. _____	11. _____
2. _____	12. _____
3. _____	13. _____
4. _____	14. _____
5. _____	15. _____
6. _____	16. _____
7. _____	17. _____
8. _____	18. _____
9. _____	19. _____
10. _____	20. _____

# With-IN-Powered Birthing

3) Where do you feel each of these emotions in your body?

Next, set a timer for 90 seconds and go through each of those emotions. Place your hands on that area of your body, allow yourself to feel into that area and allow whatever to come up, to come up.

1. _____	11. _____
2. _____	12. _____
3. _____	13. _____
4. _____	14. _____
5. _____	15. _____
6. _____	16. _____
7. _____	17. _____
8. _____	18. _____
9. _____	19. _____
10. _____	20. _____

4) Listen to the meditation provided. After it is complete, journal about how you are feeling now.

