

Juicy Questions for Writing Down Your Birth Story

As you enjoy your babymoon....be sure to find some quiet time to write down your birth story. Often times women start writing it out and capture the linear details, such as: "...then the water broke...and then at about 8:30 I was finally 5 cm dilated..." etc. Which is nice to document....but it is also important to document the emotional journey. The small moments where great shifts happen....moments that might get overlooked. Finding the meaning in the difficult moments. This is the soul's journey of which there are many great lessons waiting for us to excavate.

In order to help you with that, I have posted some questions to ponder as you write. Many of these questions come from my training with Pam England and Virginia Borboro. Have fun!

***When reflecting on your birth experience.....it is good to ponder
(and write down responses to) these questions:***

--What was your favorite moment of the whole experience?

--What did your husband do that was the most helpful? What did he do that surprised you?

--What did you do that was surprising?

--How did you get through the most difficult moment?

--Was there a moment when you realized "I am a mother" ? This moment might have been the moment of birth, a few hours or even days later.

--How has giving birth and becoming a mother changed you?

Try pondering....

--What I know about myself that I didn't know before labor.

--What I know about the Universe that I didn't know before I became a mother.

What might surprise you....if you are super honest with yourself....is that the answers might not be obvious. For example...the immediate response that most people have for the question, "what was your favorite moment of the whole birth?" is often the moment they see their baby for the first time. This is quite universal. But, if we ponder the whole experience from various angles...sometimes we discover small hidden moments that can actually trump the big one. And/or....the story will evolve and change over time....so answers to these questions will be different for you in a year from now.

Blessings of Awakening Love,

Shelley