



# Reflective prompts to help you process and honour your birth story



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Over time, the details of our birth experiences can fade, and memories may shift. Writing your story is a powerful way to preserve this sacred journey. Reflecting on your experience allows you to explore your feelings and creates space for healing, insight, and growth. Your story and reflections are entirely yours, whether you choose to share them or keep them private is entirely up to you.

These prompts are designed to guide you gently, encouraging reflection on the physical, emotional, and relational aspects of your birth so that you can tell your story in your own words

- How did your labour start? What do you remember thinking or feeling at the time?
- What was the most memorable part of your birth experience?
- What words would you use to describe your birth experience?
- How was it meeting your baby for the first time?
- Reflect on the most difficult moment(s). What helped you through?
- Reflect on the moments you felt most powerful. What was happening?
- What did you discover about yourself that you didn't know before labour?
- In what ways did you display courage?
- How did giving birth teach you to surrender?
- Is there a part of your story that plays in your head or is on your mind more often? Why do you think that is?
- What sights or sounds do you remember most? What do those mean to you?

If you're looking to process your birth story, I provide gentle, personalized sessions to honour your experience and explore the possibility of healing.

Reach out today to schedule a free consultation.