Write your IDEAL BIRTH in detail

Use ALL your senses as you describe in detail your Ideal Birth.

What time of day is it?

Where are you when labor starts?

Who is with you?

What are you doing?

As labor progresses, where do you see yourself?

What are you wearing?

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How are you feeling?

What are you eating?

When do you go to the hospital?

How do you see yourself as you move through active labor?

What kind of positions do you like to labor in?

Where are you when you feel the urge to push?

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Imagine the literal birth. Write it out in detail. What are your thoughts & reactions? Who is there? How does it go?

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As you hold your baby for the first time how are you feeling?

Look at your baby. Describe their details.

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What does your recovery look like?

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