

# LABOR EXPERIENCE

Every labor includes aspects of each of these cycles of experience. The feeling in each cycle will increase the other feelings within the same cycle. ie, as you breath you will find yourself coping better and then you will relax even more. If you are laboring in a cycle you don't want to be in, YOU CAN CHANGE IT!

1. Notice what cycle you are laboring in.
2. Decide the feelings you want to feel.
3. Repeat the feeling you want to feel.

*I am relaxing...I am supported...I feel safe...I am breathing.*

