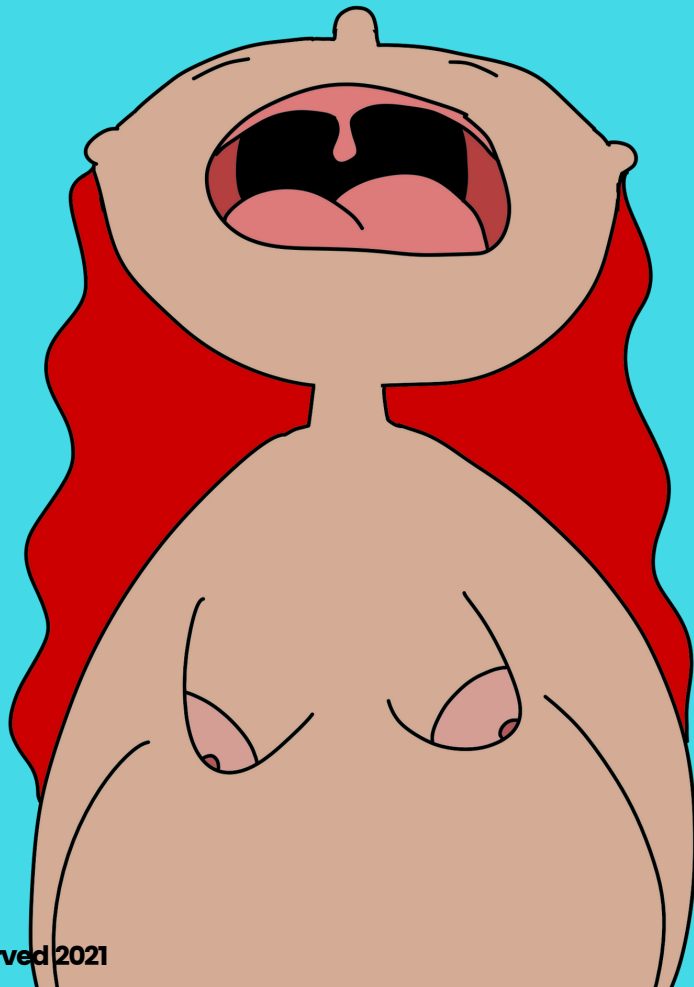


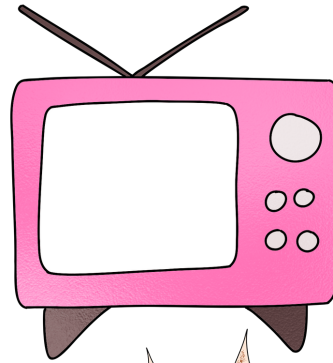
FEAR OVERCOMER CHECKLIST



Why am I so **SCARED** of Birth?

1

You've only seen birth on TV and films.



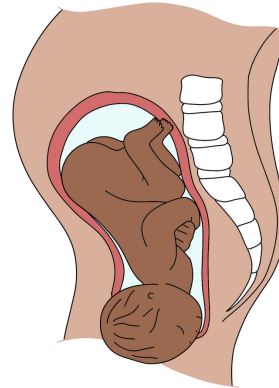
2

You've heard all the horror stories!



3

You don't know wtf actually happens?!



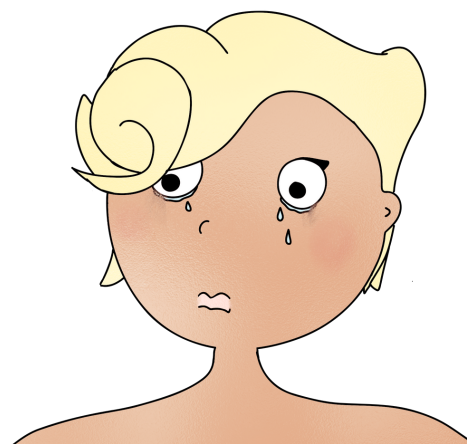
4

You haven't done your prep or planning.



5

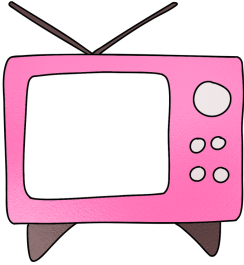
You've had a previous traumatic experience.



Feeling scared will only halt & hinder your labour & birth!
Use this checklist to overcome your fear!



Dramatic TV



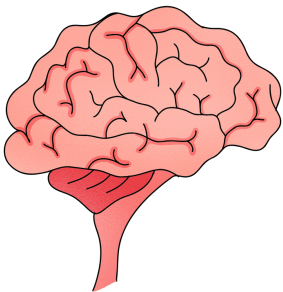
TV birth is dramatised. Search and watch real birth videos. Stop watching shit! Start actively looking for positive birth videos on youtube and instagram

Kindly say - Lets talk about your experience after my birth. We all experience things differently and there are MANY reasons why trauma occurs. This is your experience. Mould it!

Horror Stories

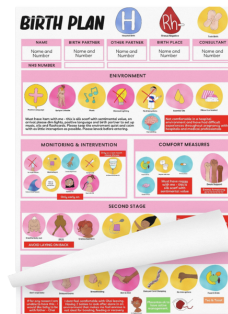


No idea



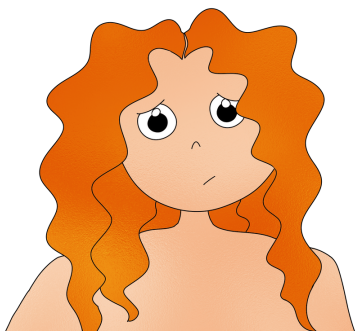
Start learning. Now! Whether you're 4 weeks or 40 weeks. Take a birth class. Practice techniques. Become informed.

No plan or prep



Prep and plan like you are organising a wedding! Think about the details. Think about what YOU want and what preferences you'd like to follow.

Previous trauma



Talk to someone. Speak to your GP or brithtrauma.org take some time to acknowledge and process your emotions. Cry. Scream. Release. Use hypnobirthing as an outlet.