

The Practical Doula's  
*Fear / Release  
Exercise*

Getting negative thoughts out and writing them down goes a long way to neutralise them, which otherwise, if left unprocessed, might interfere with your ability to eliminate the sympathetic nervous system's fight-or-flight state during birth.

Fear	Release

Here is a simple table with two columns. On the left side write down your doubts, anxieties, fears and worries about anything to do with your baby coming into the world. Note them down as soon as they come to mind - without judgement or analysis. Now on the right, think up some 'antidotes' - your positive affirmations. The way you word them is personal to you, but use positively worded phrases in the present tense (i.e. don't make negative statements in the future tense such as "The pain won't be too bad". Rather say something like "I take all of the natural sensations in my stride"

