



Birth Story Journal

Some journal prompts below are inspired by the book "How to Heal a Bad Birth: Making Sense, Making Peace & Moving On" by Melissa Bruijn and Debby Gould

Journal

Reflection and Realizations

*Is there a part of your birth story
that plays in your head or is on your mind more often?
Why do you think that is?
Take some time to write about this experience.*

Birth Story Journal

How would you describe your pregnancy? How did events in pregnancy contribute to the beginning of your birth story?

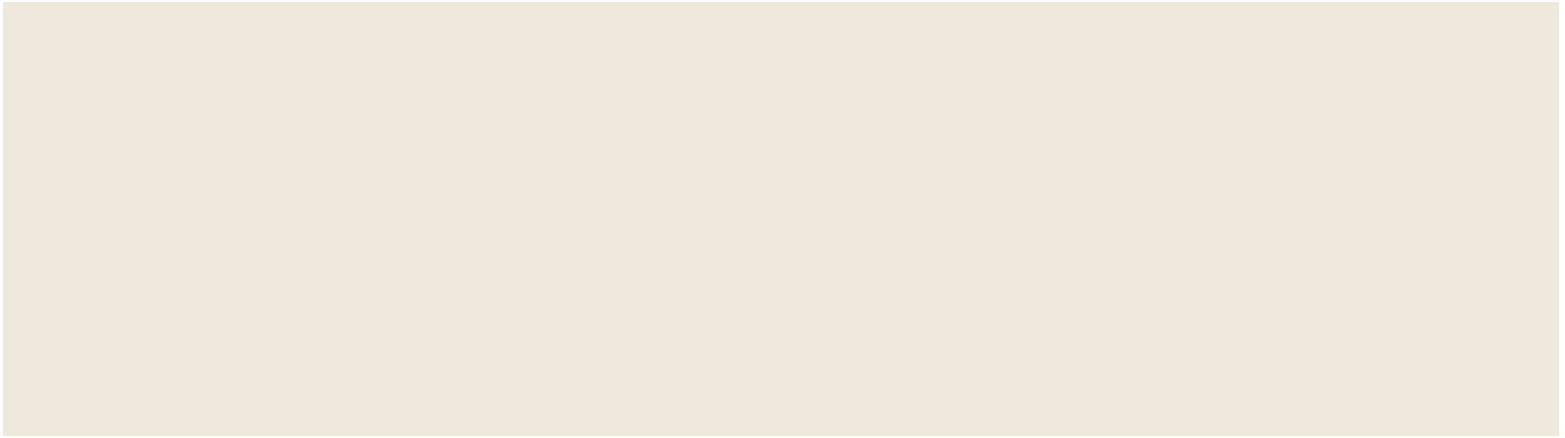
My Partner

How does my birth story impact feelings toward my partner?

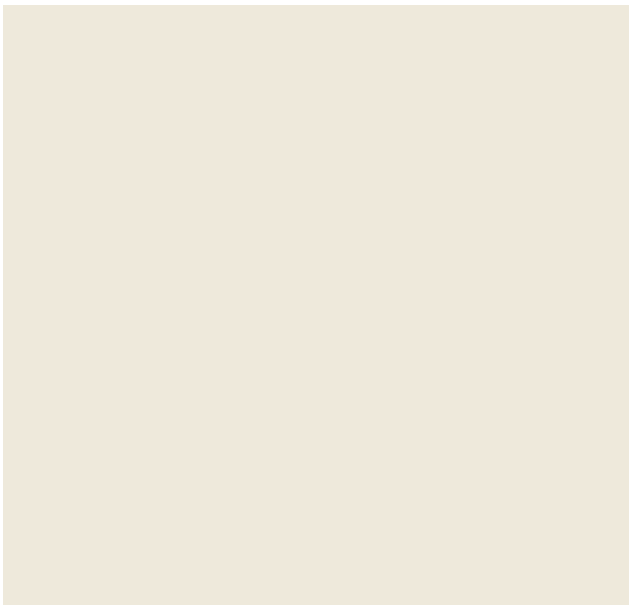
Are there unresolved feelings toward them?

How did my partner cope with events during this time?

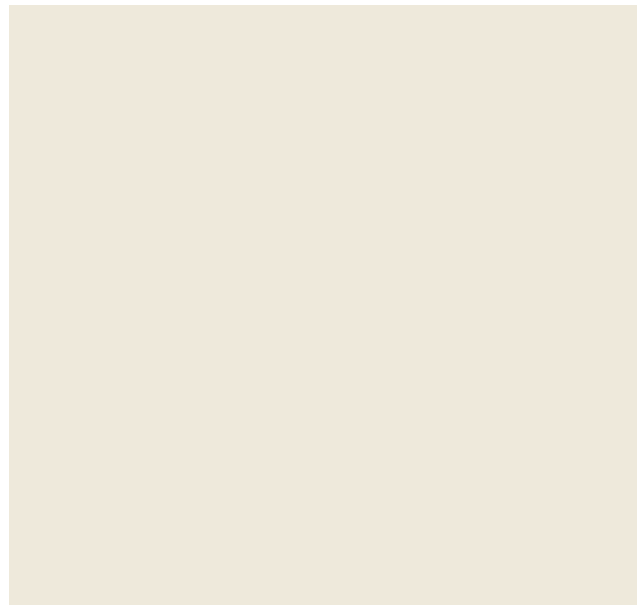
WHAT WERE THE SERIES OF EVENTS THAT
LED TO YOUR BABY'S ARRIVAL?



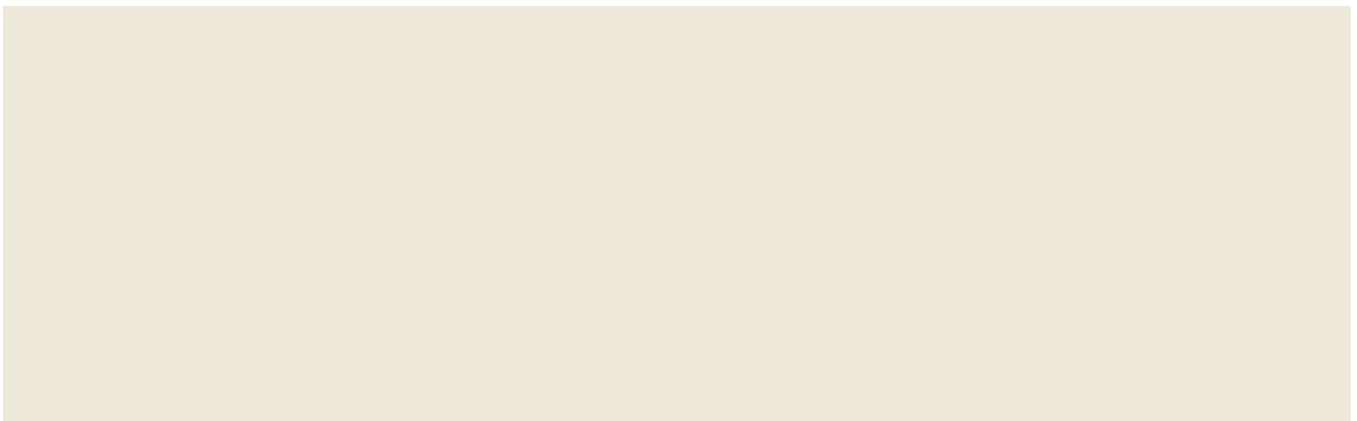
WHAT EMOTIONS DID YOU FEEL DURING
EACH OF THESE EVENTS?



WHO WAS WITH YOU?



DID YOU FEEL SUPPORTED?



Change?

If you could change anything about your pregnancy, labor or birth story, what would you change and why?



My Partner

When you talk to your partner or others who were present for the birth, what were their perceptions of events during your labor?

How does their perception of events coincide with your own perception?



LIFE BEFORE BABY

What was life like when the baby arrived?

How has your birth story impacted how you feel about or towards your baby?

(Please know all feelings are okay.)

FROM BIRTH PLAN TO BIRTH STORY

PANDEMIC OR OTHER EVENTS

How did the pandemic or other events impact your pregnancy or birth story? In what ways?



CONNECTION TO BABY

Some women who have had difficult or challenging birth feel it is sometimes harder to initially connect to their baby.

**How would you describe your
connection with your baby now?**

**How has your connection with your
child shifted from pregnancy to now?**

FROM BIRTH PLAN TO BIRTH STORY

EMOTIONS

Many moms have lingering emotions about their birth story.
What emotions do you still feel when you think about your birth?
Anger, sadness, guilty, feeling like a failure etc.?

My Story

How does my birth story impact my feelings about possibly having another baby?

Are there things I would want or need to be different?

What can I do to work towards this?

FROM BIRTH PLAN TO BIRTH STORY

COMPLICATIONS

Were there any complications that occurred during your labor? If so, write about this experience and what stands out to you the most about this event or events?

What do you remember thinking and feeling at this time?



Reach Out

Was there anything about your birth that was confusing or did not make sense to you?

Are there healthcare providers you can speak with who can help make sense of the events during your labor and birth?



Birth Story Journal

The story of us ...