



JOURNALING PROMPTS: BIRTH INTEGRATION

As you begin this journaling practice, I encourage you to allow these inquiries to arise not only from the mind but also from the body. Rather than analyzing or overthinking your responses, take a moment to pause, breathe, and notice the sensations, emotions, and energy present in your body as you reflect. Let your body's wisdom guide you as much as your thoughts. If you feel tension, warmth, or any other sensation while writing, take a moment to explore it—this can offer powerful insights that words alone may not reveal. Trust that your body holds its own story, and by listening to it, you can unlock a deeper layer of healing and understanding.

Looking Back at My Birth:

- What are the first feelings or sensations that come up when I think about my birth experience?
- Which moments stand out the most for me—whether positive, neutral, or challenging? What emotions arise when I recall these moments?
- How did I feel in my body during labor? Did I feel connected, disconnected, or somewhere in between? Why do I think that was?
- How did I feel emotionally during the birth—empowered, vulnerable, supported, alone? What contributed to those feelings?
- How did I feel when I made the decision to (fill in the blank)...
ie: Seek higher care, get an epidural, receive Pitocin, opt for a C-Section? What thoughts or sensations accompanied that choice?



Exploring My Body's Experience:

- As I recall my birth, where do I notice sensations in my body? Are there areas that feel tight, tender, or numb?
- Can I place my hand over those areas and breathe into them? What do I feel when I do this?
- What message might my body want to share with me about the birth? If my body could speak, what would it say about how it experienced the process?

Connection to Self, Baby, and Others:

- During my birth, how connected did I feel to my own body? Were there moments where I felt fully present, or were there times where I felt disconnected? How does that feel in my body now?
- How connected did I feel to my baby during the birth? Was there a moment when I felt in sync with my baby's process, or were there times I felt a sense of separation? What sensations arise as I reflect on this connection?
- How connected did I feel to spirit/source/God during my birth? Was there a sense of guidance or support from a higher power, or was I focused more on the physical experience? How does reflecting on that spiritual connection (or disconnection) feel in my body now?
- How connected did I feel to my birth partner or support person (e.g., my husband, midwife, or doula)? Was there a moment when their presence made me feel safe, grounded, or supported? Or, were there times I felt distant or misunderstood? How does this affect how I feel in my body when I think about my relationship with them now?



Healing & Letting Go:

- Is there anything about my birth experience that feels unresolved? What, if anything, do I feel ready to release or let go of?
- Are there moments where I wish I had more support, comfort, or a different outcome? How might I bring peace to those moments now?
- What can I do to nurture my body and mind as I continue integrating this experience?

Daily Reflection

I invite you to take 10-15 minutes at the end of each day to reflect on your body's sensations, emotions, and thoughts.

Here are some daily prompts:

- Today, my body felt...
- An emotion I noticed was...
- One thing I appreciated about my body today was...