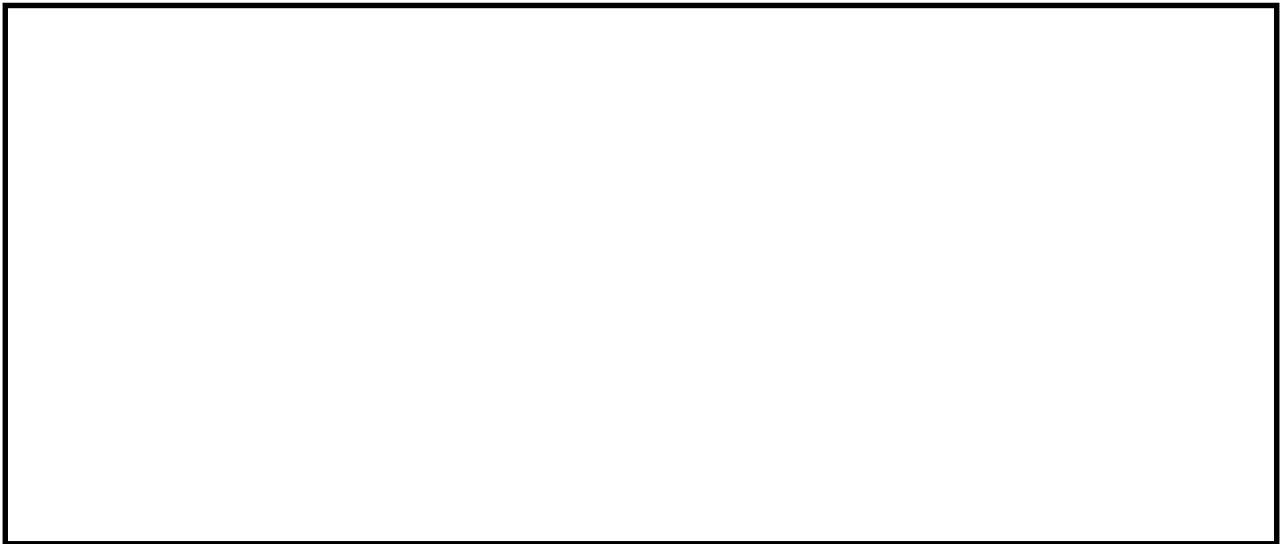


# transmuting pain into power

**Fear inhibits your ability to get into the birthing zone. How can you re-wire your fear?** Ex: When early labour begins, I might feel anxious. I will remind myself that this is really excitement and I should not be afraid of these feelings.

Ex. When active labour begins, I will call my medical provider - having them in the know of my labour progression will combat fears.



**Do you associate pain with something being wrong? It may feel uncomfortable as the body expands. These sensations are normal.**

Ex: As my sensations become stronger, I will use mantras to remind myself that I can and will make it through the waves of birth.

Ex: Tools that will help me cope with the sensations include...

