

# Birth Affirmations

We realize the central role your mind plays during labor. Your mind can work for you or against you. Your confidence in your body's ability to give birth can have a huge impact on your labor.

So often today, women hear and see negative images surrounding birth. Fear about giving birth is an all too common emotion. Fear can lead to more pain, longer labors, and feelings of self doubt. What you think about and focus on, will appear. Face and let go of your fears and doubts so you can start focusing on the birth you want. Using affirmations can help to dispel these worries.

You can choose a few from this list that appeal to you, or you can write you own. How to use them? Stick them around your house - a few in the bedroom, in the bathroom, a few written on cards for your purse... the more your consciousness can soak them in, the more likely you are to really believe the message that they hold.

I believe in my ability to give birth.  
I trust that my body knows exactly what it's doing.  
My baby is healthy and born without complications.  
I am a strong and capable woman.  
I see birth as a personal challenge, and I am confident that I am up to the task.  
I will keep my mind on acceptance and surrender.  
My body has been designed to give birth.  
My body will give birth in it's own time.  
Birth is a joyful event.  
I can follow my instincts and give birth the way I desire.  
I feel the love of others around me.  
I am ready and prepared for this.  
Soften, loosen, open.  
My baby knows how and when to be born.  
I praise you because I am fearfully and wonderfully made.



I deserve this birth!