



Birth Processing

Processing your birth, no matter how it turned out, is an essential part of healing and moving forward. Every birth experience, whether it aligns with your expectations or not, carries emotional, physical, and mental impacts. Taking the time to reflect on your experience allows you to acknowledge your feelings, gain clarity, and release any unresolved emotions. This process can help you make sense of the experience, find peace, and ultimately grow from it. Whether the birth was empowering or traumatic, processing helps you honor your journey and creates space for healing, while also allowing you to move forward with strength and a deeper understanding of yourself.

Writing out your birth story is a wonderful way to start this process. It allows you to express your feelings and make sense of what happened, giving you the space to heal. It's also a special keepsake you can share with your child when they're older, helping them understand their own entry into the world. Reflecting on and sharing your birth story not only nurtures your healing but also honors the experience in a meaningful way.

Finding your own way to process emotions is one of the most valuable tools in life. Whether through writing, walking in nature, or talking with someone you trust, having an outlet for your thoughts and feelings allows you to move through experiences with greater clarity and ease. These Birth Processing sheets provide a gentle and structured way to explore your emotions. Whether you choose to write them out privately or talk them through with your postpartum support. Take your time with the questions, there is no rush to fill everything out at once. Move at your own pace, answering one question at a time as you feel ready. Processing is a journey, and allowing yourself the space to reflect can lead to deep healing and growth.

Ashley Ellen x



Your Birth Story


Can you describe your birth experience from start to finish?



Your Birth Story

What moments stand out to you the most?


What emotions did you feel during different stages of your birth?



Expectations vs. Reality

How did your birth experience compare to what you had envisioned?


Were there any unexpected changes? If so, how did you feel about them?



Expectations vs. Reality

What parts of your birth experience felt empowering? What parts felt challenging?






Your Feelings & Emotional Healing

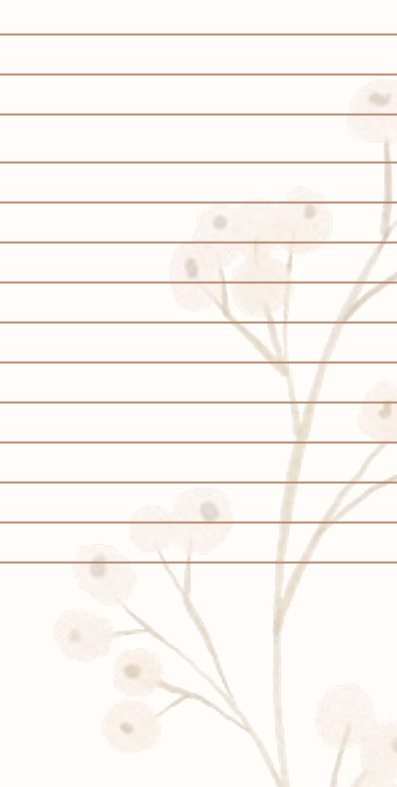
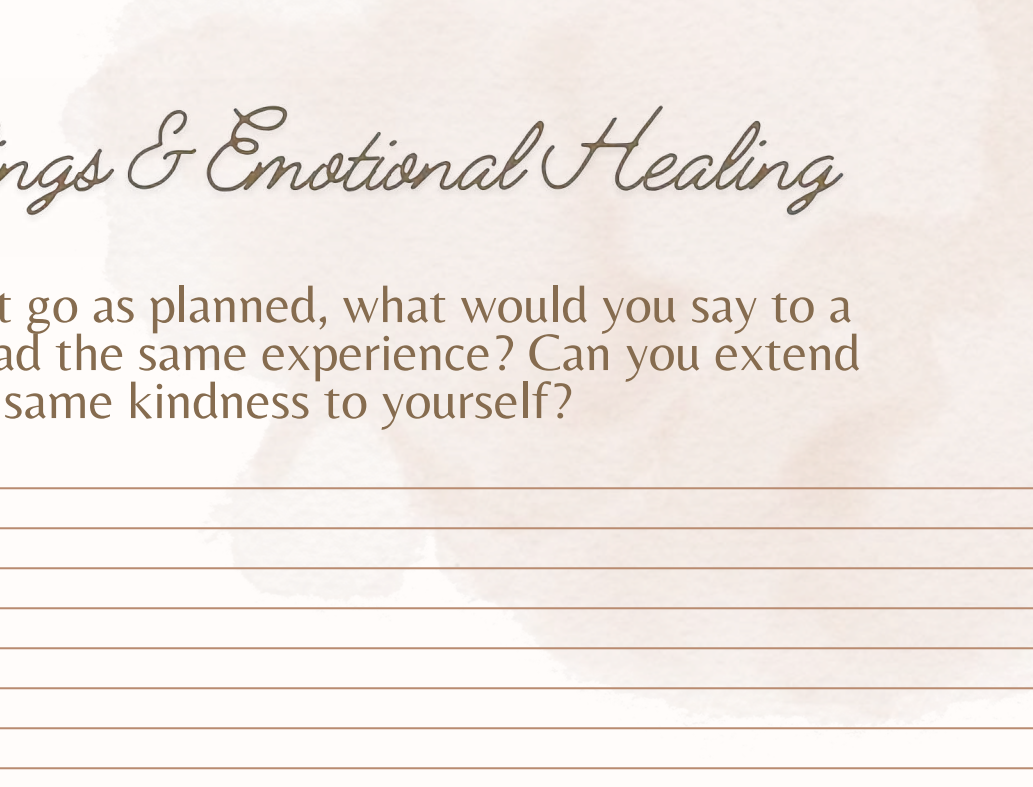
What emotions arise when you think about your birth?

Have you felt any grief, disappointment, or unresolved feelings about your birth?



Your Feelings & Emotional Healing

If your birth didn't go as planned, what would you say to a dear friend who had the same experience? Can you extend that same kindness to yourself?

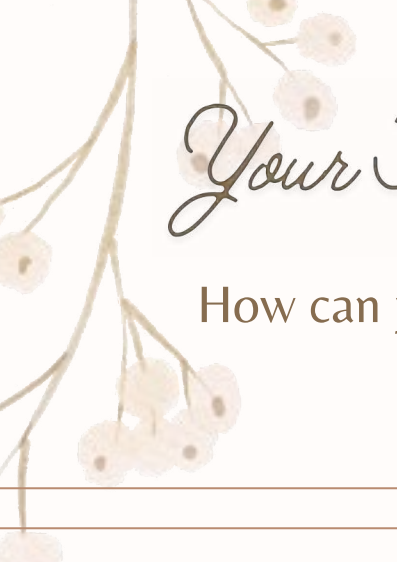




Support & Communication

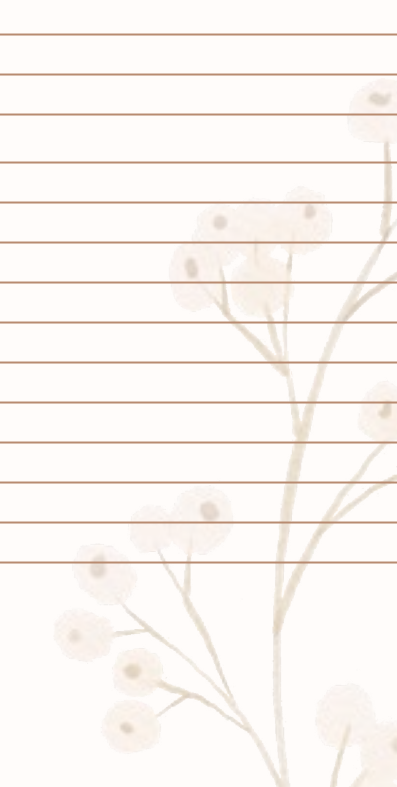
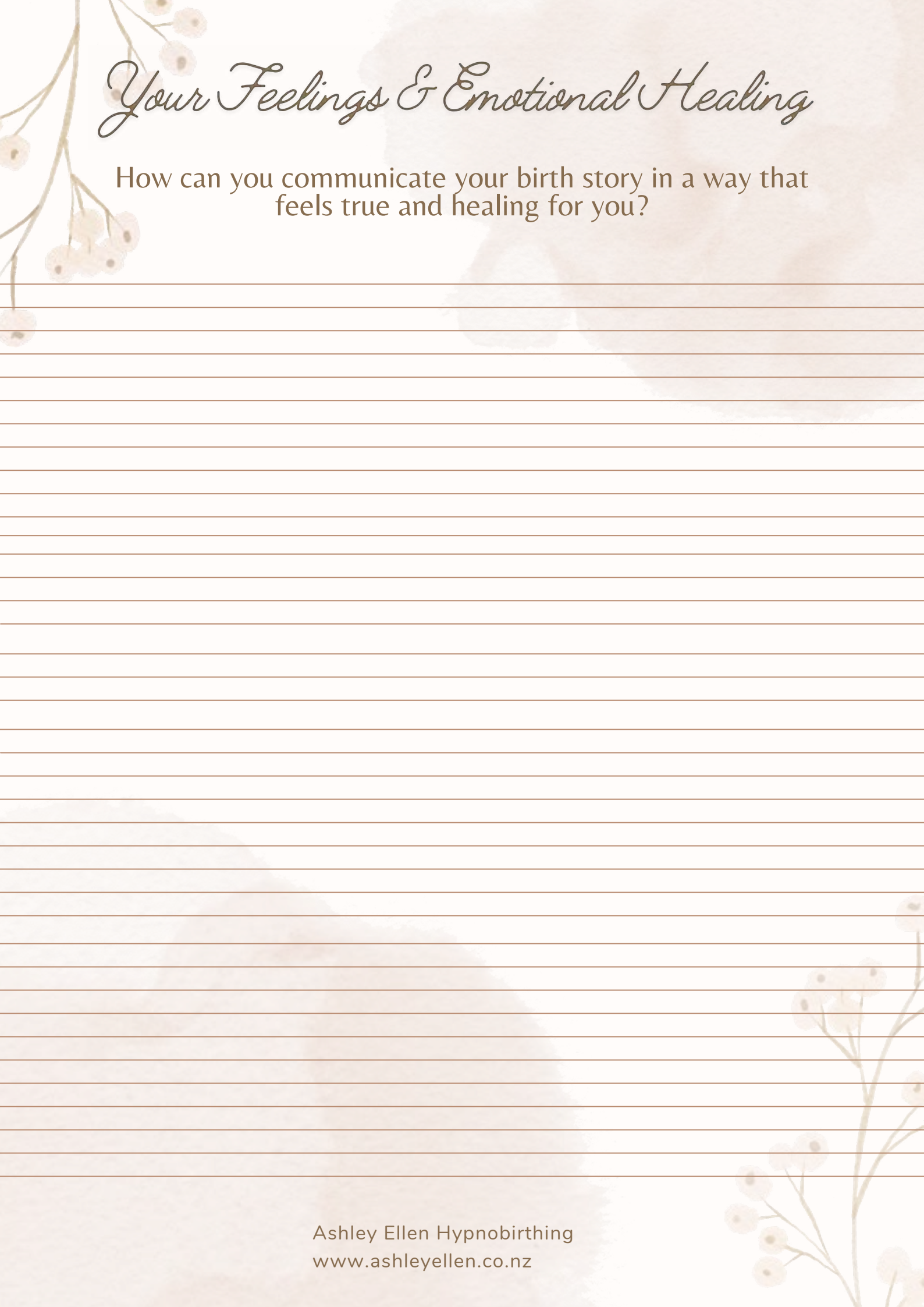
How did you feel about the support you received from your birth team (partner, midwife, OB, doula, nurses, etc.)?

Is there anything you wish you had said or expressed during your birth?



Your Feelings & Emotional Healing

How can you communicate your birth story in a way that feels true and healing for you?





Finding Meaning & Growth

What did your birth teach you about yourself?

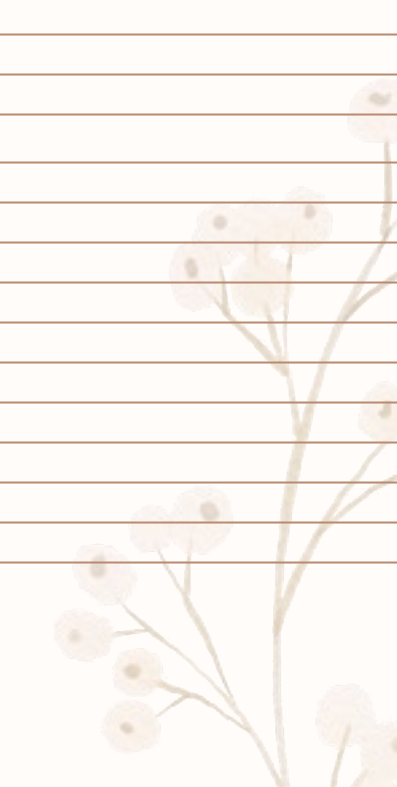
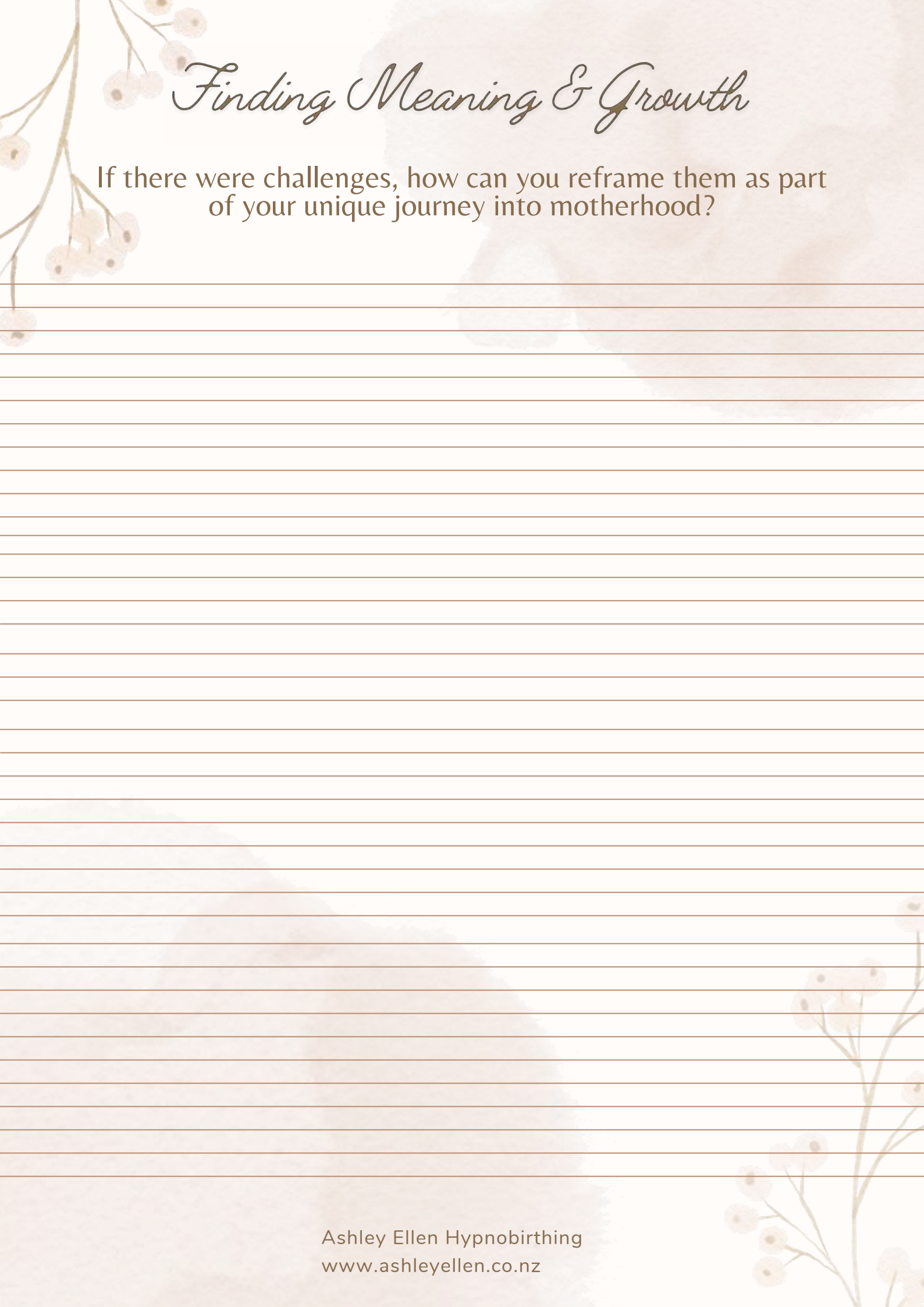


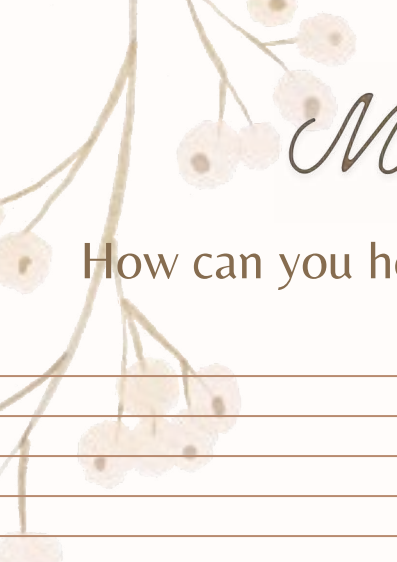
Did you discover a new strength or resilience within you?



Finding Meaning & Growth

If there were challenges, how can you reframe them as part of your unique journey into motherhood?





Moving Forward with Peace

How can you honor your birth story, regardless of how it unfolded?

What words of affirmation or comfort would feel supportive to you right now?