



# FEAR RELEASE

## INSTRUCTIONS

While you are prepping for this new birth, it is important to try and clear any and all fear that you can prior to entering the birth space, for both you and your birth partner. Fear may come in many different forms: your provider, social media, family, friends, the internet, yourself, etc. This activity was designed to help you recognize your fears and process them to the best of your ability so you are entering this birth as fear-clear as possible.

### **Find your fear.**

Take a moment to close your eyes and think of a main fear that may be weighing you down. You may have many; that's okay. This activity can be done as much as you like with as many fears as you have. Once you have your main fear, write it down in the main circle.

### **How did that fear get there?**

Now that you have found your main fear, we will start making a web. Draw a line out to another circle and write down where that fear is coming from. For example, it could be coming from social media, your parents, yourself, the internet, your friends and family, your provider, etc.

From each one of those bubbles, draw out lines and circles that go into more detail on how those people, sources, etc. have brought that fear in.

### **Working on letting go.**

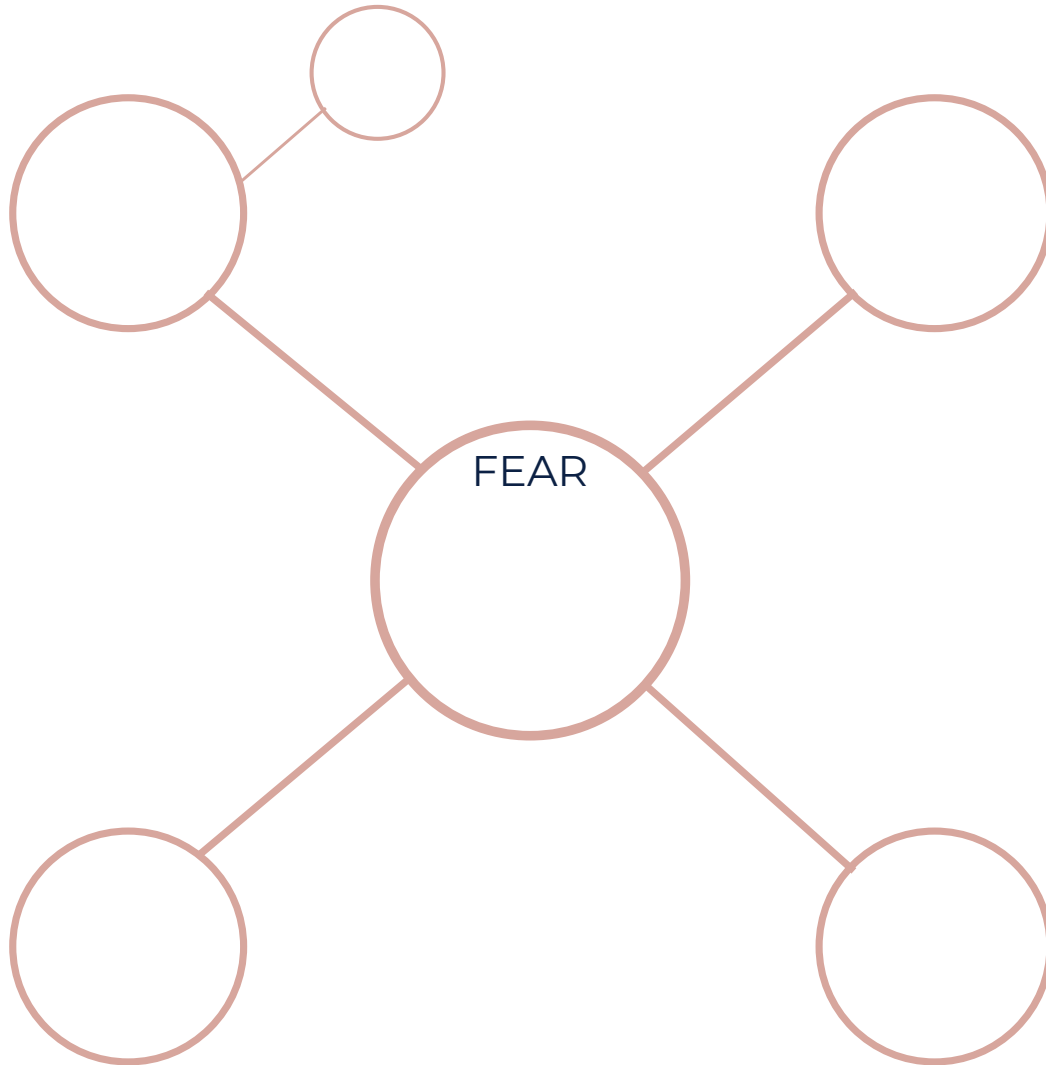
Now that you have a clearer understanding of how that fear came and where it came from, let's work on letting go. What are they telling you? What information do you have or need to help educate them or yourself? What steps can you take to let that statement, thing, or person stay out of your safe place from here on out? As you come up with your answers, cross each segment out, slowly eliminating each one and ending with your main fear.

Entering your birth space with a calm, confident, and clear mind can make a huge difference in how things happen and your overall outlook on your experience. Fear of the unknown is normal, but if you can clear fear, it will truly make a difference. Know that your birth team is there for you to help you along the way, bring you valuable information, and help bring you the confidence and experience you deserve.



# FEAR RELEASE ACTIVITY

Please see the instructions on the previous page. Use this framework to get started and add as many lines and circles as needed.





# FEAR RELEASE REFLECTION

After completing the fear release, use these questions to reflect and learn more about your fear.

What did you learn about your fear?

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What did you learn about yourself?

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What are some things you can learn or do to help eliminate that fear?

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What questions do you need to have answered?

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What can you include in your safe space to help you?

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