

FROM PAIN TO PEACE

3 Foundations to Heal and Transform Your Birth Story

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Please note that this resource is not a replacement for mental health counseling. If you feel that you need additional help or are suffering with postpartum depression or anxiety, please reach out to a licensed mental health therapist.

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DEAR MAMA,

First off, I am so sorry that you need this resource, but I am so grateful you've taken this courageous step toward healing and reclaiming your peace.

Birth is a profound and transformative experience, but for many of us, it can also feel overwhelming and out of control. If your birth experience was not what you wanted, if things were done to you that you didn't agree with or didn't know how to say no to (or that you could say no), I want you to know that *you are not alone*. These feelings are valid and real, and your journey towards healing starts here with this massive step you've just taken by downloading this.

As a coach dedicated to supporting women through birth story healing and recovery, I have walked alongside many mamas who have felt just as you do now. It's not uncommon to feel lost, betrayed by your own body, or by the circumstances that unfolded. The disempowerment you may have felt when things were out of your control can linger, affecting your mental, emotional, and spiritual well-being.

This guide is designed to help you navigate these challenging emotions and experiences, to reclaim your story, and to find peace. Grounded in faith, each step offers practical tools and spiritual insights to help you process your feelings, rewrite your narrative, and renew your spirit.

As you embark on this journey, I encourage you to be gentle with yourself. Healing takes time, and it's important to honor your pace. Lean into your faith, and know that God's love and mercy are with you every step of the way.

You deserve to find peace and joy again, to feel empowered and whole. This guide is a starting point, offering you the support and tools you need to begin this transformative journey. Remember, you are not alone. With faith, resilience, and the right support, you can heal and reclaim the beautiful story that is uniquely yours.

I invite you to take the next step in your healing journey by booking a [free 20-minute coaching session](#) with me. In this session, we'll discuss your unique needs and goals, and I'll offer personalized guidance on how my program can support you in achieving lasting peace and empowerment.

Always remember, God didn't want this for you, but He allowed it for some reason and He will use it for your good. This wasn't your fault. You didn't do anything wrong.

♡ Brigid

FOUNDATION 1: EMBRACE YOUR EMOTIONS

UNDERSTANDING YOUR FEELINGS

The first step in healing your birth story is to fully embrace and understand your emotions. It's common to feel a whirlwind of emotions after a traumatic birth experience. You may feel anger, sadness, guilt, shame, or a deep sense of loss. These emotions can be overwhelming, but recognizing and *validating* them is crucial for your healing process.



COMMON EMOTIONS AFTER A DIFFICULT BIRTH EXPERIENCE

- ***Anger:*** You might feel anger towards the medical staff, your body, or the circumstances that led to the birth trauma.
- ***Sadness:*** There may be a profound sense of sadness for the birth experience you had hoped for but didn't achieve.
- ***Guilt:*** Feelings of guilt are common, especially if you think you could have done something differently.
- ***Shame:*** You might feel ashamed about your perceived "failure" to have the birth you wanted.
- ***Loss:*** A deep sense of loss for the birth experience you envisioned.



RECOGNIZING AND VALIDATING YOUR EMOTIONS

- ***Acknowledge Your Feelings:*** It's important to give yourself permission to feel whatever emotions arise. Denying or suppressing these feelings can hinder your healing process.
- ***Identify the Source:*** Try to pinpoint what specifically is causing each emotion. Is it a particular event during the birth, a decision that was made, or something someone said?
- ***Accept Your Emotions:*** Understand that it's okay to feel the way you do. Your emotions are valid and are a natural response to what you've experienced.
- ***Express Your Emotions:*** Find safe ways to express what you're feeling. This could be through talking with a trusted friend, writing in a journal, or even crying when you need to.

FOUNDATION 1: EMBRACE YOUR EMOTIONS, CON'T

CHRIST-CENTERED COPING STRATEGIES

Faith can be a powerful ally in coping with and processing your emotions. Here are some faith-based strategies to help you navigate this journey:

- ***Prayers for Emotional Healing:***
 - *Prayer for Strength:* "Lord, grant me the strength to face my emotions and the grace to understand them. Help me to find peace in Your love."
 - *Prayer for Comfort:* "Heavenly Father, I seek Your comfort in this time of pain. Wrap me in Your loving arms and soothe my troubled heart."
- ***Scripture Passages for Comfort:***
 - *Psalms 34:18:* "The Lord is close to the brokenhearted and saves those who are crushed in spirit."
 - *Matthew 11:28:* "Come to me, all you who are weary and burdened, and I will give you rest."



TECHNIQUES FOR USING PRAYER AND MEDITATION

- ***Daily Prayer:*** Set aside time each day to pray and reflect on your feelings. Use this time to talk to God about your struggles and seek His guidance.
- ***Deep Breathing:*** Focus on your breath and repeat a comforting scripture or prayer with each inhale and exhale. This can help calm your mind and bring a sense of peace. With each breathe, picture Jesus sitting beside you, holding your hand.
- ***Gratitude Journaling:*** Each day, write down a few things you are grateful for. This can help shift your focus from pain to the blessings in your life.



REFLECTION EXERCISE:

Take a few moments each day to sit quietly and reflect on your emotions. Write down what you are feeling and why. Then, pray for guidance and healing for each specific emotion.

Embracing your emotions is a vital first step in your healing journey. By acknowledging and understanding your feelings, and using faith-based coping strategies, you can begin to move towards healing and peace. Remember, it's okay to feel what you're feeling, and God is with you every step of the way.

FOUNDATION 2: RECLAIM YOUR STORY

Reclaiming your birth story is a powerful step in your healing journey. It involves taking control of your narrative, transforming your experience from one of pain and loss to one of understanding and healing. Below are some practical tools to help you reclaim and rewrite your birth story



JOURNALING STEPS TO EXPLORE AND REWRITE YOUR BIRTH STORY

1. **Describe Your Birth Experience:** Write down your birth story in detail, including your feelings, thoughts, and the events as they unfolded. This helps externalize your emotions and provides a starting point for reflection.
2. **Identify Key Moments:** Highlight moments that were particularly challenging. What emotions did you feel? What thoughts went through your mind?
3. **Reframe Negative Experiences:** For each challenging moment, try to find a different perspective. What strengths did you show? How did you cope? What did you learn from this experience? Who was there to support you? How was your body trying to keep you/your baby safe?
4. **Rewrite Your Birth Story:** Write a new version of your birth story, focusing on your strength, resilience, and the positive aspects of the experience. Emphasize the ways in which you overcame challenges and what you are proud of. *This may not come easy at first - that's okay. Write it out and tell someone until it feels okay.*



EXERCISES FOR REFRAMING NEGATIVE EXPERIENCES

- **Visualization:** Close your eyes and visualize the traumatic moments of your birth. Now, imagine how you would have liked it to unfold. Picture yourself feeling empowered, in control, and supported.
- **Affirmations:** Create positive affirmations that counteract the negative thoughts you have about your birth experience. For example, “I am strong and capable,” “I did what I thought was best in the moment,” “I did the best I could,” and “My body is amazing for what it endured.”
- **Role-Playing:** With a trusted friend or partner, role-play the challenging moments of your birth. This time, focus on asserting your needs and expressing your feelings. This can help you practice voicing your boundaries and gaining confidence.

FOUNDATION 2: RECLAIM YOUR STORY

SPIRITUAL REFLECTION

Incorporating spiritual reflection into your healing process can bring profound comfort and insight. Try these practices to help transform your perspective on your birth story:

- ***Healing Meditation:*** Find a quiet space, close your eyes, and take deep breaths. Imagine a warm, healing light surrounding you, representing God's love. As you breathe, let this light fill your heart and wash away any pain or negative emotions.
- ***Forgiveness Meditation:*** Picture someone involved in your birth experience who you need to forgive, including yourself. Imagine speaking to them, expressing your feelings, and then releasing those feelings with love and forgiveness.



TIPS FOR USING PRAYER TO TRANSFORM YOUR PERSPECTIVE

- ***Prayer of Release:*** "Heavenly Father, I release the pain and hurt from my birth experience into Your hands. Help me to let go and find peace in Your love."
- ***Gratitude Prayer:*** "Lord, thank You for the strength and resilience You have given me. Help me to see the blessings in my experience and to find gratitude in my heart."
- ***Prayer for Clarity:*** "God, grant me clarity and understanding as I reflect on my birth story. Help me to see it through Your eyes and to find meaning in my journey."



Reclaiming your story is about transforming your birth experience from a source of pain into a testimony of resilience and faith. When you use these practices, you can rewrite your narrative, find healing, and emerge stronger. *Remember, your story is uniquely yours, and with faith, you have the power to reclaim it.*

FOUNDATION 3: RENEW YOUR SPIRIT

Renewing your spirit involves reconnecting with your inner self and deepening your relationship with God. It's about finding hope, strength, and peace through your faith, despite the challenges you've faced. Here are a few tips for how to tap into the transformative power of faith to rejuvenate your spirit.



AFFIRMATIONS TO REMIND YOU OF GOD'S LOVE AND PURPOSE

- "I am strong and resilient, guided by God's unwavering love and support."
- "God's peace fills my heart, soothing my pain and bringing comfort to my soul."
- "Through faith, I am renewed and empowered to embrace a hopeful future."



PRACTICAL STEPS FOR INTEGRATING FAITH INTO YOUR HEALING JOURNEY

- **Daily Devotions:** Set aside time each day for devotionals or scripture reading that focuses on healing, hope, and renewal. Allow these messages to inspire and strengthen you.
- **Gratitude Practice:** Keep a gratitude journal where you write down daily blessings and things you are thankful for. Reflecting on positive aspects of your life can shift your focus from pain to gratitude.



RESILIENCE THROUGH COMMUNITY

Connecting with a supportive community can play a crucial role in your healing journey. Being part of a community that shares your values and understands your experiences can provide comfort, encouragement, and practical support.

- Seek Out Support Groups
- Engage in Church Activities
- Create Your Own Network^{**}: If you can't find a suitable group, consider starting one. Reach out to others who might benefit from shared experiences and mutual support, creating a space for collective healing and growth.

FOUNDATION 3: CHOICES & PEACE

I've had the privilege of working with women who have experienced difficult births and have gone on to feel restored and renewed. After they finish my program, they have a renewed sense of self, they have forgiven themselves. They can now see how it wasn't their fault and begin to trust themselves again.

I wanted to share some of their testimonials with you so you can see that this is possible for you, too.

*"Before working with Brigid, I had a lot of resentment, sadness, anger, disappointment, and envy around my birth stories. I was also terrified to have more babies. Now I can see how God was working through each of my births to draw me closer to Him and I feel more at peace about my decisions and have less fear around any future births. Taking a lot of the fear away from a potential birth and remembering that God's plans are ALWAYS better than mine, has been truly **life changing**." -
Emanuela*

"The most important thing I've learned, especially as I am about to have my second baby, is that informed consent is absolutely crucial for me to feel safe during birth. I have been able to communicate this to my birth team and emphasize to them to please not leave me in the dark if things start to go wrong. Part of what made my first birth so scary was simply not knowing what was happening and my providers leaving me out of the loop. I feel much more empowered this time around to demand that people tell me what's going on. I also feel much more confident in understanding that I can decline whatever interventions I want." -Jenna

"After struggling with a terrible birth of baby #3, I felt lost and overwhelmed. Working with Brigid was a game-changer. Her guidance helped me process my emotions and find peace again. I learned it wasn't my fault. I'm deeply grateful for the support and healing I've found through this program." -Casey

Renewing your spirit involves embracing the strength and comfort found in faith, and connecting with a supportive community. By integrating these practices into your life, you can find new hope, resilience, and a sense of purpose. Remember, your healing journey is unique, and with faith and support, you can embrace a renewed and empowered life.

FINAL THOUGHTS

Your experience is unique and you deserve to find peace and renewal. Healing is a journey, and sometimes having a supportive guide can make all the difference. If you feel that you could benefit from personalized support, I would be honored to help you.

I invite you to book a free 20-minute coaching session with me to explore how we can work together to continue your healing journey. During this session, we'll discuss your specific needs and goals, and I'll provide guidance on how my program can support you in achieving lasting peace and empowerment.

book your *FREE*
20-minute coaching session

Thank you once again for taking this important step towards healing. I look forward to the opportunity to support you on your path to renewed strength and serenity.

