



# MINDSET QUESTIONNAIRE

## Preparing for the Postpartum

The **Postpartum** is a new experience for all women. It is difficult, that cannot be argued with, but so much of how it goes depends on how you relate with it. You can feel victimized and helpless or empowered and fearless. When we fix our mindset to feel empowered the experience of birth will reflect that.

### PART A

Think of a time in your life that was most difficult for you. Try to go back there. What happened? Identify the feeling you felt during that time. Can you locate it in your body?

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Now think of a time when you felt empowered, that you could accomplish anything. Where was this feeling in your body?

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Now, while maintaining this feeling, can you try to apply it to that difficult time you were in? Can you imagine how you would've felt differently?

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### PART B Identifying your Mindset (and coping strategies)

Now, let's go back to that difficult time and that feeling you had. Can you remember how you coped with that feeling? Or perhaps how you didn't cope?

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What are some healthy or unhealthy coping strategies you used? When times get tough, what is your default?

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What helped you truly overcome this challenge?

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How can you use these healthy strategies to help you through your postpartum experience?

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**Does any part of you still feel haunted by this challenge?** Difficult experiences and unresolved emotions often come up during birth and in the post-partum. If you feel you have any unresolved trauma, it is important to analyze it and work through it before baby comes because there will be plenty of trying times ahead that may bring these unresolved issues to the surface. I recommend reaching out to a friend, partner or mental health professional to work these things out. Just putting them out in the open can be all that you need.

## PART C Relationship Questions

Now that you've identified some of the ways you can help yourself through labour and birth, let's identify some of the ways the people around you can help you. These questions are formulated to be about a partner but it can be applicable to anyone you may have in the room with you or supporting you through your labour and birth.

**First, what do you envision for you at home with your baby after the birth?** What do you want to experience to feel like and look like? How do you feel you will be best supported?

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**How do you feel about your partner's ability to support you during the postpartum?**

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**No matter how much we love them, we all have something that our partner does that drives us crazy.** This can magnify during the intense experience of the recovery phase after birth and in the postpartum and it can be helpful to tell your partner ahead of time what you need from them and what you do not need. Hopefully your partner wants to be able to help you in any way he/she can, so being explicit beforehand can be very positive for both of you.

**Are there any potential unconscious triggers from your partner which you know will not be helpful to you during this time?**

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**What does your partner do that makes you feel amazing?**

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Now tell them! **"This is how you can help me"** list:

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**How can you incorporate this into your post partum?**

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