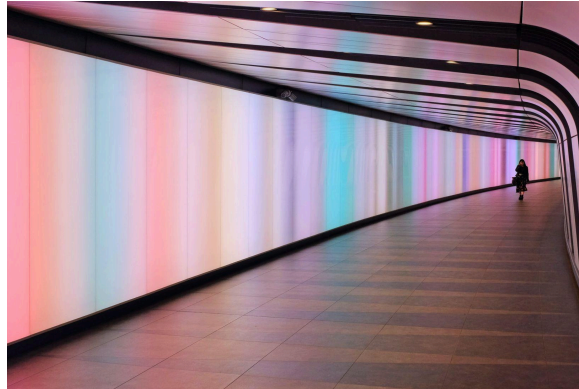


Journal Prompt: Inner Knowing Birth Story Gates



Read the Resource document [Birth Gates](#) and then answer these Personal journal prompts:

- Think about a birth story you've heard . . . try to pinpoint the gate at which the storyteller is standing. How can you tell?
- How might you validate them at this gate?
- How can you speak to their disappointment, frustration, wishes that didn't come to fruition...without taking sides or assigning blame?

It often helps to make non-evaluative statements that show you understand what is being conveyed.

Examples:

“That was not the kind of care you were expecting to get in labor” vs.

“The doctor should have been more patient.”

“This is still weighing heavily on you” vs. “Have you asked for your medical records?”

“It sounds like everything happened really fast.” vs. “You did the best you could.”

As a mentor, do you feel drawn to rush people through the gates? Where do you feel this in your body? What rule is attached to this instinct?
(In order to be a good person/mentor/doula/friend, I should . . . make people feel better? Not let people feel uncomfortable? Save people from struggle?)

Reflecting on a birth you have attended, or a birth story that you heard, which pieces of YOU are still lingering at the early gates (i.e., No-Story, Gratitude/Relief, Relationships, Social and Bonding, Medical, Revolving door of Victim/Judge)? How might that be impacting your work? Your clients may not notice it, but YOU feel it.

*Imagine what it looks like just on the other side of that gate...
 journal or draw what you see.*

What's one thing you could do that would move you through that gate? See the Map for [Mentoring Parents Through Birth Stories](#), if you need some additional guidance here.

Many people want to rush through the gates, or look to the outside for resources to move through them (asking for medical records, for example).

Which sometimes can be helpful, to a degree... But, what attribute or gift might you need *from within* in order to move through the gates? Gentleness? Lowering expectations? Forgiveness?