

*Two Rivers* | BIRTH DEBRIEF: BIRTHING PERSON

What was my pregnancy like? What were the joys and challenges? \_\_\_\_\_

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How was labor different than I was expecting? \_\_\_\_\_

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Is there anything I wish I could have done differently? \_\_\_\_\_

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What was the most physically challenging part of labor? \_\_\_\_\_

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What was the most mentally or emotionally challenging part of labor? \_\_\_\_\_

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What coping tools worked best for me? \_\_\_\_\_

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What coping tools didn't work for me this time? \_\_\_\_\_

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What was the hardest decision we made? \_\_\_\_\_

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When did I feel most connected to my partner or baby? \_\_\_\_\_

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How did my birth team support me well? \_\_\_\_\_

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Where did I not get enough support? \_\_\_\_\_

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What is one thing I wish I would have said to my birth team? \_\_\_\_\_

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When did I feel powerful? \_\_\_\_\_

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When was I proud of myself? \_\_\_\_\_

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One funny moment was ... \_\_\_\_\_

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What was it like to meet my baby for the first time, and how was it different than I imagined? \_\_\_\_\_

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What is one thing I know now that I wish I knew before labor? \_\_\_\_\_

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What was the immediate postpartum like? \_\_\_\_\_

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How was I supported well? \_\_\_\_\_

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Where did I not get enough support? \_\_\_\_\_

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What did I learn about myself? \_\_\_\_\_

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In what ways did this experience change my relationship with my partner? \_\_\_\_\_

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Is there anything I would choose to do differently if there is a next time? \_\_\_\_\_

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