

THE BIRTH HOUSE



1. Start by drawing a picture of a house. First draw the outside of the house and makes some notes related to your experience. Allow this to represent what other people would say about your birth. What happened? Who was there? What was the order of events?

2. Draw out the living room, the room that we have guests in (just like we have guests at our birth). List the people at your birth (doctors, midwife, doula, partner, friend) and the roles that each of those guests played. Jot down the roles that each person played and how you felt about that. You might feel grateful, disappointed, or angry, and often it's a combination of many feelings.

3. Draw out the upstairs and your bedroom, which is private place of refuge, reflection, and intimacy. Spend some time reflecting on how you feel about the birth, and any beliefs you have about yourself as a result. These could be positive, negative, or neutral. The goal isn't to change your inner narrative, but to understand it.

4. Draw out the basement, the place we dump things we don't want to clutter up our house. What part of your birth do you not want to think about or want others to know? Or what is so scary it's hard to think remember?

5. Draw out the attic, the place where we store the things that are important and we want to protect. It's also the place where light tends to sneak through cracks. What parts of the birth do you hold dear? What do you remember fondly?

