

# TUCSON DOULAS



## Creating Affirmations

Affirmations are positive statements designed to shape the conscious and subconscious mind. The content of the affirmation influences the mind to replace negative thoughts and beliefs with positive images that can motivate, inspire or re-wire negative thinking patterns. Affirmations also help to keep you focused on your goals.

Pregnancy and childbirth can cause many negative beliefs about one's body and abilities to come to the surface. What you focus on expands, so it is important to work towards removing these negative thoughts and beliefs about yourself and your body.

An effective affirmation re-writes the negative thought or belief by turning it into a positive. Take a few minutes to write down your fears and negative thoughts below. Then take each one and turn it into a positive affirmation.

### MY FEARS

*I am afraid that my baby will be too big.*

### MY AFFIRMATIONS

*My baby is the perfect size for my body.*

You may wish to write your affirmations out on index cards and place them in visible locations around your home. Revisit them daily! Read through them first thing in the morning and each night before bed.

