

# **Gentle Birth with Emotional Freedom Technique**

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The information in this manual is not meant to diagnose or treat any individual disease, and cannot be used in place of medical or psychological care.

**Disclaimer**

While EFT has produced remarkable results, it must be still considered an experimental method. By using the methods describe in this manual, you agree to take complete responsibility for your use of EFT and for your emotional and physical well-being. Monika Benoit and CT Wellness Connection LLC cannot be held liable for how you choose to use these methods. If you feel in any way reluctant to use these methods for yourself or others, please do not. Instead, consult a qualified professional.

This EFT workbook would not be possible without the developer of EFT, Gary Craig, who has creatively and generously taught the healing art of EFT to hundreds of thousands of people. The workbook is inspired by Gary Craig's ideas and key concepts, and is also based on the examples and teachings of countless skilled EFT practitioners who have helped shape the practice of EFT over time. EFT was released into the public domain in December of 2009.

**Sharing This EFT Workbook**

There are many ways you can share this EFT workbook and the accompanying audio. To request permission to copy and officially distribute any part of this manual, please contact Monika through the website: <http://www.FertilityPregnancyBirth.com>.

Images by Manoj Vishyan (<http://www.inkbugdesign.com>)

Background Music used on the Gentle Birth Affirmations Audio:

“Rejuvenation” by Ron Allen -Yoga: Music for the Mind, Body and Soul

For most women, pregnancy is an especially emotional time, and though it may seem easy enough to temporarily sweep certain issues “under the rug” - lingering insecurities and anxieties often have a way of surfacing as pain during labor and complications during birth. As an emotional healing technique, EFT is well known for its ability to facilitate the release of negative emotions, and it can be immensely useful to use EFT to explore and neutralize your most troubling thoughts, doubts and fears, prior to labor and birth. Using EFT to further reinforce positive imagery of how you visualize your ideal birth will allow you to approach your upcoming birth with confidence and ease.

Begin by asking yourself whether any of the eleven key areas of concern, as outlined in this workbook, are issues for you personally. The provided EFT set-up and reminder phrases are meant to inspire you to formulate your own phrases to use while tapping. Creativity, flexibility, and specificity are more important than “using the right words.” When in doubt, just tune in to whatever is bothering you most in the present moment and trust your intuition to guide you while you guess at what words to use as you tap – just go with whatever feels right.

### But Wait, I'm New to EFT!

If you haven't done so yet, download one of the free EFT manuals available on-line. It is highly recommend that you learn original EFT, just as Gary Craig (the founder of EFT) outlined in his original EFT manual: [http://www.eftuniverse.com/index.php?option=com\\_subscribe&Itemid=17](http://www.eftuniverse.com/index.php?option=com_subscribe&Itemid=17)

If you prefer, you can get started right away by using this shortened version of EFT (currently favored worldwide by most EFT practitioners), which consists of the following:

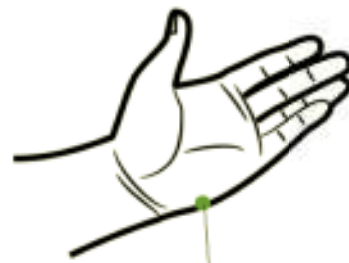
#### 1. Focus on a Specific Problem

Think about a negative emotion or uncomfortable physical sensation and assess how intensely you feel the sensation. On a scale of 0-10, how intense is this feeling?

#### 2. Do the EFT Set-Up

To perform the Set-Up, tap on the Karate Chop point (outside edge of hand) while stating the Set-Up Phase three times. A typical Set-Up Phrase uses the following format: **“Even though I have (this problem), I deeply and completely love and accept myself.”**

For example: “Even though I am afraid that labor will be painful, I deeply and completely accept myself.”



*The Karate Chop Point*

**3. Tap through the EFT Sequence:** Tap 7-10 times on these acupuncture points. As you tap, repeat the Reminder Phrase – a short description of the problem that keeps you focused on the issue.



Example: “This fear that labor will be painful.”

**Top of the Head (TOH):** “This (problem)”

**Beginning of Eyebrow (EB):** “This \_\_\_\_\_”

**Side of Eye (SE):** “This \_\_\_\_\_”

**Under Eye (EU):** “This \_\_\_\_\_”

**Under Nose (UN):** “This \_\_\_\_\_”

**Chin (Ch):** “This \_\_\_\_\_”

**Collarbone (C):** “This \_\_\_\_\_”

**Under Arm (UA): “This \_\_\_\_\_”**

**4. Reassess Your Intensity.** Has your number changed? What number would you give the intensity now? If you can't think of a number, just make your best guess.

**5. Refocus on the Issue and Repeat.** Do the tapping process again. For your subsequent rounds of tapping, be sure to adjust your wording. Adjusted EFT Setup Phrase (to say as you tap the karate chop point) **“Even though I still have some of this remaining (problem), I deeply and completely love and accept myself anyway.”** Adjust the Reminder Phrase accordingly: **“This remaining (problem).”**

**6. Tap Using Positive Affirmations.** Once you feel like the tapping has given you significant emotional relief, then try tapping on the EFT points as you focus on your ideal scenario and positive outcome. This allows you to reinforce positive energy into your subconscious thought patterns.

### **Tapping Away Your Own Personal Issues**

Start by reflecting quietly on the questions listed below before you start tapping. Write down your answers to the questions. You can use your answers to help you formulate Set-Up and Reminder phrases to use while tapping on your EFT points. Choose one area of concern to work on at a time. Bring the issue into focus by imagining it, remembering it, feeling it. Rate your emotional intensity on a scale of 0 to 10 (10 is the most intense). After each round of tapping, notice whether you think, feel or perceive the problem differently in any way. Have you noticed yourself yawning, sighing or a feeling more physically relaxed? These are all symptoms of energetic and emotional release, and are a sign that you are on the right track. Repeat the tapping if necessary until you have reduced your emotional intensity about that issue to zero. You may then choose another topic from the list or go on to the positive affirmations. You can return to the list of issues and continue working on different issues, one issue at a time, when you feel up to it. Ending each tapping session with a few rounds of positive tapping can feel very uplifting.

### **Common Areas of Concern for Expectant Mothers**

The following list of common concerns is meant to inspire you to explore and resolve your own personal issues and limiting beliefs relating to labor and birth. Do not feel obligated to use the exact wording used in the phrases provided.

**1) Explore your own birth story.** Ask yourself:

What stories have I heard about my own birth?

Are these stories positive and encouraging, or negative and frightening?

Do I feel like I am destined to duplicate my mother's labor?

Tapping on all the EFT points, starting with the Karate Chop Point say the following:

*"Even though my mother told me that labor was.....(insert your own personal details), I deeply and profoundly accept myself and my mother."*

*"I now allow myself to recognize that I am not my mother, and this is not my mother's pregnancy."*

*"I am an entirely different person, this is a different time and different circumstances."*

**2) What have you learned from others' birth stories? Ask yourself:**

Have family members or friends relished me with stories of long labors, back labor, severe pain or medical intervention? Address the details of those stories while tapping:

*"Even though my family and friends told me that labor is.....(insert your own personal details), I completely and profoundly love and accept myself and everyone involved."*

*"I now allow myself recognize that I am not them, and this will be my own unique labor and birth experience and not theirs."*

*"I now give myself permission to release any imprint that the birth experiences of other people have made on me."*

*"I no longer feel it necessary to believe that I will birth as they did."*

*"I release other people's baggage & release the tendency to bring their past baggage into my birthing."*

**3) What do you remember about your own previous labor(s)? Ask yourself:**

Was my own previous experience with labor easy and satisfying or am I carrying memories of a painful ordeal? Address the specifics of what bothered you most, and what still bothers you, about your previous labor experience(s) while tapping:

*"Even though my previous labor was less than satisfying...(fill in with your own description of how you experienced labor and birth previously), I love and forgive myself, and everyone else involved, on every level."*

*"I know that I am better prepared for an easier birth this time."*

*"I recognize that I now approach birth with more knowledge and planning than I did before."*

*"I release any old memories of previous births."*

**4) How do you really feel about the responsibilities of parenting? Ask yourself:**

Am I comfortable with the thought of being a first-time parent, or parent to *another* child?

Do I feel less than adequate about my ability to be a good parent?

What kind of attitudes toward parenting have I been exposed to?

Do I feel overwhelmed?

*"Even though I grew up with less-than-perfect role models, I am open to the idea that my parents were doing the best they knew how, given their personal experiences..."*

*"Even though my parents weren't the greatest...(fill in with your own description of your parents), I am grateful for them because, in the very least, they allow me to recognize more clearly what I DON'T want to do as parent."*

*"Even though becoming a parent is scary I now allow myself to recognize that all the support and insight I need are already available for me. I choose to trust myself."*

**5) Do you feel safe and well-supported? Ask yourself:**

Do I feel secure with the support that my partner or my family will provide?

Am I in a stable and supportive relationship?

Do I have people in my life that will share the responsibilities of caring for this baby?

*"Even though I am afraid that I will have to raise this baby all by myself, I choose to trust that life will provide me with everything my baby and I need."*

*"I now choose to communicate effectively with the people in my life, I choose to let them know that I need support."*

*"I choose to communicate my needs clearly and let the people in my life know what I want without question. I can now recognize the strengths that I must build upon to effectively provide my own best support."*

**6) What kind marriage/relationship are you in? Ask yourself:**

Is my marriage/relationship secure, loving and mutually nurturing?

Am I confident that my relationship is strong and will withstand the additional stress of raising a child?

Am I holding onto past resentments, or have some arguments I need to work out?

Have my spouse/partner and I really talked things out?

Address the specifics of each issue that you feel strongly about while tapping, be sure to address each aspects one by one, thoroughly tapping away until you no longer feel emotionally intense about the issue at hand.

*"Even though I still resent my partner because he/she...(fill in with your personal issue), I deeply and completely love and accept myself and I choose to work together with my partner to resolve any old issues between us."*

*"As I let go of old angers & resentments I allow myself to enjoy a stronger relationship than ever before."*

**7) Do you like you have "enough room" in your life for a new baby - in your home and in your heart? Ask yourself:**

Is there room for our new baby in our home?

Can accommodations be made?

Are there any changes we still need to make?

Have I been putting off certain changes or preparations?

As you tap on your EFT points, starting with the Karate Chop Point, say something like:

*"Even though I have been procrastinating and/or feeling anxious about preparing the house for our new arrival I accept and honor my hesitation as a natural reaction..."*

*"I acknowledge that as my baby helps me become more loving, and as my heart expands and makes room for more love, I find that I am able to see my home has having more than enough room for my baby..."*

**8) Is this baby going to affect your career? Ask yourself:**

Are any of my dreams or plans being put on hold?

Have I given myself enough time to organize and plan?

After this baby arrives, will I still be able pursue my own goals?

Am I ambivalent about going back to work or staying home with the baby?

What do I *really* feel like doing?

*"Even though this baby is making me think about my career/life in a whole new way, I accept myself and I choose to go with the flow of my new situation."*

*"I choose to enjoy my role as a /mother/nurturer/provider with happiness, gratitude & inner peace."*

*"I honor my feelings as I embrace my role as parent to this new child..."*

**9) Are you comfortable with your current medical care provider? Ask yourself:**

Have I discussed my preferences openly and made my wishes known?

Am I making decisions out of fear, or confidence?

Do I feel like he/she is supportive of my plans for birth?

Do I have any lingering doubts?

*“Even though I'm not 100% comfortable with my current doctor/midwife, I love and accept myself profoundly and I accept my medical provider for who they are...”*

*“I recognize that although my doctor might be qualified, he/she might not be the right match for me..”*

*“I deserve to feel confident about my choices, and I now choose to communicate my needs and desires with confidence and clarity”*

**10) Are your finances being stretched as a result of this new baby? Ask yourself:**

Do I feel financially capable of supporting my family?

Am I using the Law of Attraction to help me manifest the financial situation I desire or do my thoughts, words and actions reflect fear and thoughts of scarcity or poverty?

*“Even though I feel fearful/anxious about my current financial situation, I deeply and profoundly accept myself and my finances.”*

*“I now choose to allow money to flow freely into my life...divine prosperity is abundant”*

*“The universe is lavish with its abundance and I am open to ever-increasing forms of prosperity”*

**11) Are you still carrying emotions around from prior relationships? Ask yourself:**

Am I carrying around some unhappy memories of past relationships or experiences that have left hurtful thoughts?

If could live life over again and I could skip meeting any particular person or experiencing any particular event or part of my life completely - what would I skip?

*“Even though I wish I had never met (fill in with person's name)...I wish he/she had never (fill in with the details of one incident involving the person who hurt you), but I deeply and completely myself anyway.”*

*"I release any old memories of previous relationships...its okay for me to let go of old angers and resentments..."*

*“I now allow myself to recognize that all the love and support I need are here for me in my present life situation – no matter what I lived through in the past...the present moment is safe for me.”*

It is important to keep tapping until you really feel like you've “gotten over” each separate issue, because if not thoroughly addressed, your negative emotions may rise to the surface during birthing. Feelings of overwhelming helplessness, inadequacy, anxiousness and fear will make your body shut down and resist



the natural flow of birth. Your body is basically the action component of your mind and so every suggestion, thought, and emotion that you experience corresponds to a physiological and chemical response in your body. If your mind contains fearful, negative thoughts and emotions, your body will be thrown unintentionally into defense mode, and this tension is the antithesis to calm, comfortable birthing.

**Tapping with Positive Affirmations**

Tapping while you focus on positive affirmations involving your ideal birth scenario will further reinforce the likelihood of a positive birth experience. When your mind is flooded with expectations of a calm, comfortable birth your body inevitably follows, remaining free of tension – allowing you to enjoy the birth of your baby.

The following affirmations are included on the Gentle Birth Affirmations audio that accompanies this workbook. You can use this section of the workbook and audio in three different ways:

- 1) Read the affirmations as you continuously tap on all your EFT points
- 2) Listen to the audio while you tap on your EFT points
- 3) Read along, as you listen to the audio *and* tap on your points

These affirmations are based on my own personal ideal birthing scenario so they may not reflect your own personal vision of a perfect birthing. You may tap along from beginning to end or repeat parts or all of it until you feel calm and positive about your upcoming birth. Feel free to modify some of the words to fit more closely to the birth experience that you wish to have.

*At the onset of labor I feel comfortable tightening sensations in and around my abdomen.*

*My membranes release comfortably as labor begins quickly & easily*

*As my surges continue I relax, tap and breath slowly increasing the efficiency of my surges*

*I enjoy light foods and lots of fluids for energy and hydration*

*There is nothing to do but release, relax, and go with the ebb and flow of my comfortable surges*

*My abdomen feels like it is surging upward tightening and receding back down as I continue to stay limp and relaxed*

*As my cervix thins and opens the longitudinal fibers of my uterus draw back their circular fibers*

*I sense the intervals between surges becoming shorter as I listen to my body*

*I trust my body and go deeper within each surge maximizing each surge to the fullest  
I find the perfect position for maximum comfort during each phase of my labor*

*I am content, relaxed and enjoying a blissful state of complete anesthesia*

*As my surges become longer and higher, they become more efficient as I deepen my relaxation*

*I exert very little effort as I remain in a deepened resting mode*

*As I travel to the birthing center I am content, comfortable, and deeply relaxed*

*Time distortion sets in as I lose track of time*

*My surges remain comfortable while becoming closer & more beneficial as my cervix thins & opens  
When we arrive at the birthing center my cervix is thin, completely open, my mind and body are 100% prepared for birth*

*I give my birthing over to my body and stay out of my own way*

*The tub enhances my relaxation and the water gives me a feeling of pleasure, contentment & well-being*

*My body benefits from the softening effect of the water on my birthing muscles and the folds of my perineum*

*My body's endorphin levels and natural oxytocin levels are strong and high*

*I shut out distractions completely as I mentally go within to my baby*

*The descent of my baby is calm and comfortable just like the rest of my peaceful labor*

*The waves of my lower body expel my baby comfortably as each surge moves baby down the birth path*

*The soft, expulsive pulsations of my body do their job quickly, functioning perfectly just as nature intended*

*As my cervix becomes fully opened, I feel fullness within my body and I begin to breathe my baby down comfortably*

*My perineum, which has gradually begun to thin out and unfold with each surge, opens fully to prepare for the passing of baby's head*

*My body tells me it is time to nudge my baby down as I work with the pulsations that direct my breathing downward*

*When baby's descent is nearly over I feel comfortable fullness above my pubic area as baby occupies the lower birth path*

*My positive attitude and confidence allow me to remain calm and relaxed*

*I comfortably breathe my baby down*

*I am comfortable & relaxed as my baby descends to the rim of my perineum & baby's head becomes visible*

*A few more comfortable breaths bring baby past the perineal rim and into the world*

*I trust myself and my body's ability to birth as I remain fresh, alert and fully energized when the wonderful moment of birth arrives*

*Our baby is placed immediately on my chest*

*When the cord stops pulsating it is safely cut*

*Afterwards, my uterus contracts properly allowing my body to heal properly and completely*

*My body expels the placenta easily and comfortably*

*Our baby is content and healthy he latches on immediately and drinks colostrum efficiently*

*We enjoy each other in peace, happiness and good health*

*Our home is filled with fresh flowers, & delicious, freshly prepared, organic meals wait for us as we arrive*

*All is well, all is good*

For maximum effectiveness take some time to visualize your own version of an ideal birthing experience, then use that ideal vision to help you formulate your own positive affirmations to use while you tap. Be playful and creative with your use of EFT and you'll find out what a joy it can be to prepare your mind and body for baby's birth by freeing yourself of limiting thoughts and anxieties while conditioning yourself for a comfortable, easy labor and birth.