

The Face of Fear

by Mary Paliescheskey



First time moms come fact to face with the great unknown. The majority of women fear the course of labor. Some fear the thought of pain. Others fear that there will be an emergency. Or that they will fall short of their expectations. For every woman there is a fear.

You need to name your fear. Unmask the fear to manage it. Fear is a four letter word. It grows large when you run from it.

Unresolved fear will affect you during the active phase of labor. "Women's fundamental concerns and anxieties become manifest, and may take precedence over the skills acquired through childbirth education in moderating experienced pain and distress." In other words, challenge your fear during pregnancy or feel it later.

How do you know what you fear? How do you unmask the monster? Think about your upcoming birth. What makes your stomach knot up? What do you worry about? What things do you want to avoid?

Now that you have the fears named - what do you do to clear them?

There are a variety of techniques. You can write them all down and write about how to solve each fear. You can talk with a friend. You can imagine the worst thing that could happen if your fears were realized. What would be the outcome? You can draw your fears. You can keep a journal about your fears and write three pages a day.

You will find that you have the answers to the fears within yourself. Most people cannot keep writing or talking without finding the answers. If you are resistant to the above techniques, you can work with the following two scenarios from Robin Sales:

First, Sales recommends imaging your fear as a small crying child. Hug and comfort your fear. Find compassion for your fear.

Second, Sales recommends inviting your fear to tea. Take at least 15 minutes. Relax and focus your breath. Imagine your fear coming to sit at the table with you. See what it looks like. Make a symbolic image. Hold in your mind that nothing can harm you during this time. Talk with your fear. You need to listen to what your fear has to say.

Surprisingly you might find that your fear has some really good advice for you. There might be some actions that you need to take. You may have been avoiding these actions. Do it. Your fear demands it. Get help if you need assistance to address the fear or action.

It is important to take control over the things you can. It will increase your confidence in your natural abilities.

References:

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