

BIRTHING NATURALLY  
**Previous Birth Questionnaire**

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This worksheet is designed to help you prepare for the upcoming birth by working through your previous birth experience. Answering the following questions will give you the opportunity to reflect on the events as they occurred, and your reactions to them. Through this time of reflection you should gain an awareness of the areas which are most important to you so you can clearly articulate them to others. Make your answers as short or long as necessary, you may find it helpful to answer all the questions quickly, then come back to the questionnaire a few days later to answer them more in depth.

**Remembering the whole process of your previous birth:  
What do you feel went right?**

**What do you feel went wrong?**

**Do you feel you had adequate pain relief?**

**Do you feel you had adequate time to make decisions?**

**How do you feel about your choice of birth place?**

**How do you feel about your choice of birth attendant?**

**How do you feel about who was with you during labor?**

**How do you feel about the start of labor?**

**How soon did you see, hold and nurse your baby?**

**Were you and your baby healthy?**

**How do you feel about your recovery time?**

**In what ways would you like this labor to be different?**

**How do you feel as you look forward to this baby's birth?**

**EMOTIONAL RESPONSES**

Women experience a wide variety of emotions before, during and after giving birth. Choose the emotions that you felt the most strongly.

Acceptance  
Alarm  
Anger  
Anticipation  
Apathy  
Bitter  
Depressed  
Delighted  
Disappointed  
Doubtful  
Elation  
Ecstasy  
Embarrassment  
Fear  
Frustration  
Gratitude  
Grief  
Guilt  
Happiness  
Hope  
Hurt  
Inadequate  
Joy  
Jealousy  
Loneliness  
Love  
Mighty  
Modest  
Nervous  
Patient  
Peace  
Pride  
Regret  
Relief  
Shame  
Sorrow  
Thrilled  
Worry