



## The Context Exercise: (Developed by Dr. Rosie Kuhn)

1. What is true to you about   BIRTH  ? What are your judgments, beliefs, assessments, opinions or assumptions regarding \_\_\_\_\_?
2. What actions do you take based on what is true to you regarding \_\_\_\_\_?
3. Looking at your list of actions, what would you say you are committed to?
4. Based on this context you have about \_\_\_\_\_ what is currently impossible for you?
5. If what now appears impossible became possible, what would the experience of that new reality feel like? Make a list of the qualities of this experience.
6. Consider this list a position from which you can now think, feel and act. Coming from this position, what is now true to you about \_\_\_\_\_?
7. What actions are you willing to take to support this new understanding/ stand and this new truth?

More instructions:

1. To answer the first questions, you may suggest to your client to come up with 5 to 7 phrases which begin with: "Birth is \_\_\_\_\_"
2. For question no. 2, encourage your client to come up with 5-7 actions that she is taking. For example: taking childbirth Ed. class.
3. Example for question no. 4: if your client has as a premise that birth is many hours of pain, it is impossible for her to not be in pain.

4. Question 5 is a twist point: We invite the client to act from a new perspective, which might not still be hers, but she is on her way to get there, and will find this new truth in question no. 6. There could be a resistance to go there, because it may raise doubt, so talk to the little girl within your client and ask her to imagine that a fairy waved her magic wand, and what until now seemed impossible (like laboring without being in pain) became possible. From this place, what would the experience of birth be like?
  
5. No 7 is the wrap-up, an invitation to design an area of practice. It could be an affirmation for example, or a more tangible task, which will get your client closer to adopting the new perspective, and will bring her closer to her goal.

