

# SMARTT BIRTH

## RELEASING JUDGEMENTS AROUND POSTPARTUM

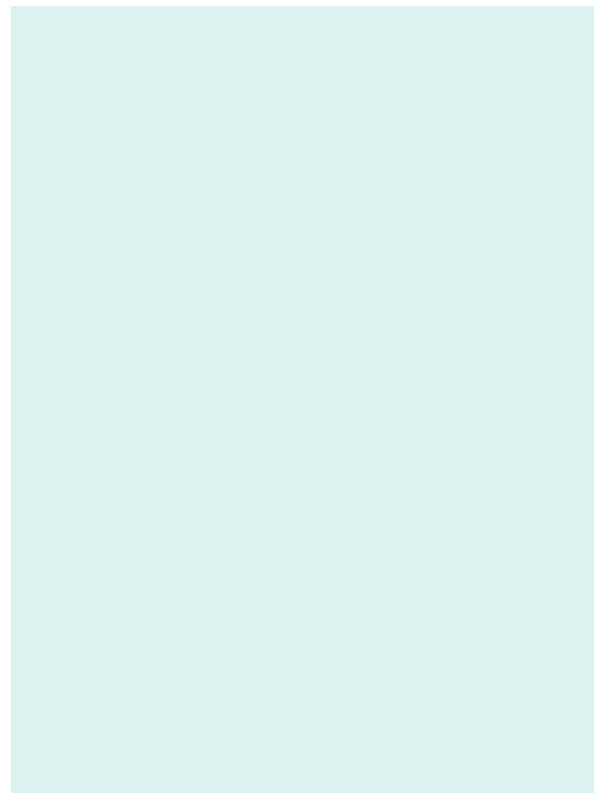
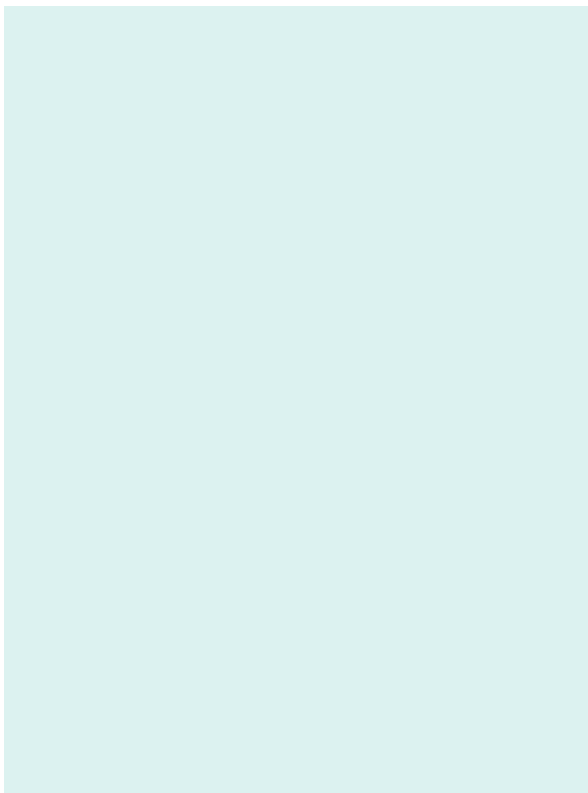
As you know, the Smartt Birth golden rule is "No Shoulding." We can get so mired in judgement, of others and of ourselves, that we can hardly discern what we actually want/need or what actually IS.

I invite you to write down a list of your judgements in the left hand column ... whatever comes to mind, no matter how random it may seem. Next, write a truth response to each judgement in the right hand column.

For example: **I'm judging myself as** a failure because I think I might need to arrange for help postpartum. **The truth is** that this is one of the most intense transitions in my life, and asking for help might be the bravest and smartest thing I can do to take care of myself and my baby.

**I'M JUDGING  
MYSELF AS...**

**THE TRUTH IS ...**



**I'M JUDGING  
MYSELF AS...**

A large, empty light blue rectangular box intended for writing a personal judgment or self-assessment.

**THE TRUTH IS ...**

A large, empty light blue rectangular box intended for writing the truth or a more objective perspective on the judgment.