

What Will Labor and Birth Be Like?

Terrifying *agonizing* *Life Changing* **MANAGEABLE** **Exciting**

Peaceful **Messy** **Happy**

EMPOWERING **Roller Coaster** **LONELY** **Being nurtured** **Challenging**

Joyous *Beautiful* **Painful!**

Scary **Altered State** **Joyful**

Out of Control *More than I can handle* *Suffering*

Intense! **Natural**

Exhausting *Medical* *Holding your Breath*

OVERWHELMING *Lots of bodily fluids* **Full of love**

Unknown **Physical**

HARD WORK **Normal** *Moving. Swaying. Flowing.*

Suffering **Crisis**

Best experience of my life.... *Worst experience of my life* **Fun!**

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