

Beliefs About Labor Pain and Your Ability to Cope

1) In general, how well do you think that you cope with pain, illness, and physical challenges? Think of a word that best describes how you cope. Circle one of these or pick your own:

Wimp, Coward, Whiner, Barely Coping, Capable, Stoic, Tough, Unbeatable. Other _____

2) When you have a headache, which of these are you most likely to do to cope with it?

Ignore It and Keep Working

Distract Yourself with TV or Music

Go for a Walk or Do Something Active

Take a Tylenol if nothing else helped

Take a Long Hot Bath

Drink Some Water or Have a Snack

Take a Nap (Or at least take a break)

Use Heating Pad or Massage to Relax Muscles

Take a Tylenol at the First Sign of a Headache

Other:

3) When you're sick, describe what you do to take care of yourself and feel better?

Think about comfort foods, drinks, soothing environment, etc. (This may include things your parents did for you when you were sick as a child... or what you wish they'd done.)

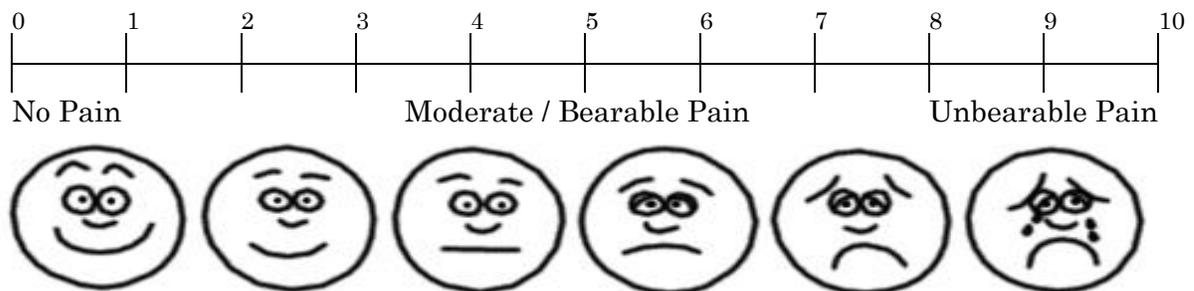
4) What will labor be like? Circle 5 words that best represent your expectations about labor.

| | | | | |
|-------------------|--------------------------------|-----------------------------|------------------------|------------------------------------|
| Terrifying | | Life Changing | Life Threatening | Exciting |
| | agony | | MANAGEABLE | |
| <i>Sweet</i> | | Peaceful | Messy | Happy <i>Challenging</i> |
| empowering | | A learning experience | | TORTURE |
| | Roller Coaster | LONELY | Nurturing | |
| Joyous | | <i>Beautiful</i> | | Painful! |
| | Wonderful | Altered State | Joyful | |
| | Scary | Out of Control | Calm | <i>Suffering</i> |
| | Intense! | | More than I can handle | |
| Exhausting | | | Natural | |
| | | Medical | | Holding your Breath |
| OVERWHELMING | | Lots of bodily fluids | Full of love | |
| | | <i>Unknown</i> | Physical | Confidence-Building |
| | Normal | | OW! | <i>Moving. Swaying. Flowing.</i> |
| Hard Work | | Suffering | | Crisis |
| | Best experience of my life.... | Worst experience of my life | | Fun! |

5) Support: During labor, what kinds of things do you think your support people could do that would be most helpful, and feel most supportive?
 (It may help to think of times you've been sick, in pain, scared, or stressed. What helped then?)

| | | | |
|-------------------------------|--|---|--|
| Type of Encouragement: | Cheer me on! Say: You're doing a great job! | Reassure me. Say: It's hard, but you're doing great. It'll be OK. | Sympathize. Say: I'm so sorry this is so hard for you. |
| Type of Presence: | I'll just need to be left alone | I want someone just be quiet and be there with me | I want to be held, rocked, and talked to |
| Type of Attention | Distractions – help me forget I'm in labor! | Some distractions, some focus | Focus – I want us to be focused on what's going on. |
| Level of Humor: | Lots of humor / laughter will help me to cope. | I want to be calm, relaxed. Some humor OK. | It's important to me to be taken seriously |
| Level of Service: | I want someone to get for me anything I need | I want someone there to help me do things | I want someone to give me new ideas for what I can try |
| Type of Touch: | Firm Massage | Gentle stroking | Just touch me, don't massage, move or fidget. |
| Type of Eye Contact: | I cope best when my eyes are closed. | If I seem relaxed, let me keep doing what I'm doing. If I'm stressed, get me to change. | Encourage me to keep my eyes open and focus on you. |

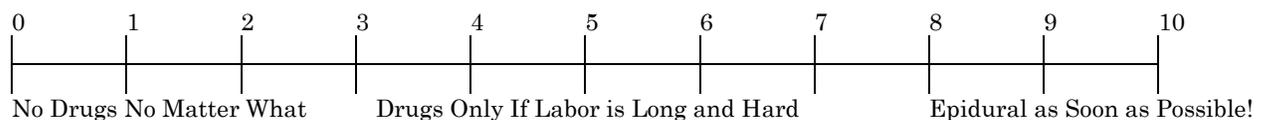
6) How painful do you think labor will be? Rate on a scale of 0 = No Pain to 10 = Unbearable



7) Which one of these statements comes closest to your beliefs about labor pain medication?

- I believe everyone in labor should use pain medication; it is foolish for women to suffer when we have perfectly safe drugs to alleviate pain.
- I believe pain medication should be available to anyone with no guilt trip about taking it. It should be the mother's choice to experience birth however she wishes.
- It's good that pain medications are available for women with long, difficult labors; however, unmedicated birth is healthier and better for most women and babies.
- Birth is a peak life experience not to be missed. Pain medication should be avoided because it carries potentially major risks, and can interfere with bonding.
- Other:

8) On a scale of 0 – 10, what is your personal preference for pain medication in *your* labor?



Beliefs About Labor Pain, How She'll Cope, and How You'll Help

1) In general, how well do you think that YOU cope with pain, illness, and physical challenges? Think of a word that best describes how you cope. Circle one of these or pick you own:

Wimp, Coward, Whiner, Barely Coping, Capable, Stoic, Tough, Unbeatable. Other _____

Do you think you tend to judge people who cope differently than you? Yes No Sometimes

2) When you have a headache, which of these are you most likely to do to cope with it?

- | | |
|---------------------------------------|--|
| Ignore It and Keep Working | Drink Some Water or Have a Snack |
| Distract Yourself with TV or Music | Take a Nap (Or at least take a break) |
| Go for a Walk or Do Something Active | Use Heating Pad or Massage to Relax Muscles |
| Take a Tylenol if nothing else helped | Take a Tylenol at the First Sign of a Headache |
| Take a Long Hot Bath | Other: |

3) When you're sick, describe what you do to take care of yourself and feel better? Think about comfort foods, drinks, soothing environment, etc.

Do you think she (expectant mom) finds these same things comforting, or what are her comforts?

4) What will labor be like? Circle 5 words that best represent your expectations about labor.

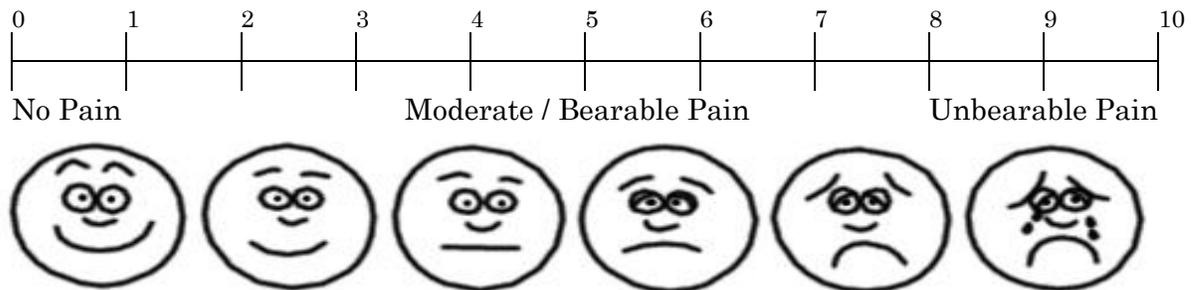
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| Hard Work | Suffering | | Crisis | |
| | Best experience of my life.... | Worst experience of my life | | Fun! |

5) Support: During labor, what kinds of things do you think you would be most likely to try to help her feel better?

(It may help to think of times she has been sick, in pain, scared, or stressed. What helped then?)

| | | | |
|-------------------------------|---|---|--|
| Type of Encouragement: | Cheer her on! Say: You're doing a great job! | Reassure her. Say: It's hard, but you're doing great. It'll be OK. | Sympathize. Say: I'm so sorry this is so hard for you. |
| Type of Presence: | She'll probably just want to be left alone. | She'll probably want someone just be quiet and be with her | She'll probably want to be held, rocked, and talked to |
| Type of Attention | Distractions – help her forget I'm in labor! | Some distractions, some focus | Focus – she'll want us to be focused on what's going on. |
| Level of Humor: | Lots of humor / laughter will help her to cope. | She'll want to be calm, relaxed. Some humor OK. | It's important to her to be taken seriously |
| Level of Service: | She'll want me to get her anything she needs | She'll want someone there to help her do things | She may want someone to give her ideas to try |
| Type of Touch: | Firm Massage | Gentle stroking | Just touch her, don't massage, move or fidget. |
| Type of Eye Contact: | She copes best when her eyes are closed. | If she seems relaxed, let her keep doing what she's doing. If she's stressed, get her to change | Encourage her to keep her eyes open and focus on me. |

6) How painful do you think labor will be? Rate on a scale of 0 = No Pain to 10 = Unbearable



7) Which one of these statements comes closest to your beliefs about labor pain medication?

- I believe everyone in labor should use pain medication; it is foolish for women to suffer when we have perfectly safe drugs to alleviate pain.
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- It's good that pain medications are available for women with long, difficult labors; however, unmedicated birth is healthier and better for most women and babies.
- Birth is a peak life experience not to be missed. Pain medication should be avoided because it carries potentially major risks, and can interfere with bonding.
- Other:

8) On a scale of 0 – 10, what do you WISH was mom's preference for pain medication in *her* labor? (0 = "I really don't want her to have any pain medications no matter how hard labor is. (Maybe because you're worried about side effects.)" to 10 = "I want her to have medication right away, because I hate the idea of her being in pain". _____)

