

I put all fear
aside as I
prepare for
the birth of
my baby

I am relaxed
and happy
that my baby
is finally
coming to me

I am
focused on a
smooth,
easy birth

I trust my
body to
know what
it is to do

My mind is
relaxed; my
body is
relaxed

I feel
confident; I
feel safe; I
feel secure

My muscles
work in
complete
harmony to
make birthing
easier

I feel a
natural
anesthesia
flowing
through my
body

I relax as we
move quickly
and easily
through each
stage of birth

My cervix
opens
outward
and allows
my baby to
ease down

I fully relax
and turn
my birthing
over to
Nature

I see my
baby
coming
smoothly
from my
womb

My baby's
birth will be
easy
because I
am so
relaxed

I breathe
correctly
and
eliminate
tension

I feel my
body gently
sway with
relaxation

I turn my
birthing
over to my
baby and
my body

I see my
breath
filling a
magnificent
balloon

I am prepared
to meet
whatever turn
my birthing
takes

My baby
moves
gently on
along in its
journey

Each surge
of my body
brings my
baby closer
to me

I deepen my
relaxation
as I move
further into
labor

I am totally
relaxed and
at ease

My body
remains
still and
limp

I meet each
surge only
with my
breath; my
body is at
ease

I bring
myself into
deeper
relaxation

I slowly
breathe up
with each
surge

I put all fear
aside and
welcome my
baby with
happiness and
joy

I soften; I
open; I
release

I trust my
instincts

I enjoy the
birth of my
baby

<https://hollybbaking.com>
Some affirmations come from
<https://us.hypnobirthing.com/>