

20/20 Hindsight

How easy it is to look back and say that you **should** or **should not** have done something...

The reality, however, is that it is very unlikely that any **one** thing was responsible for your baby going to the NICU.

You may have delivered early regardless of what you did or did not do.

Mothers often have **regrets** about things they wish they *had* done or had *not* done.

Some wish they had listened more to their doctors, while others wish they had listened more to themselves.

Example: A mother is on bed rest. She gets up for a few minutes to do something. She then worries after the fact that this is what caused her to deliver early.

Example: A mother worries that she should not have listened when her doctor said she was fine to continue working on her feet. She worries that she should have listened to her body and taken it easy.

Do you have any regrets about things you wish you **had done** or **had not done**, because you think it would have changed the timing of your baby's birth?

EXAMINING THE EVIDENCE



Example:

Belief (thought): _____

Evidence for

-
-
-

Evidence against

-
-
-

Your turn:

Belief (thought): _____

Evidence for

-
-
-
-

Evidence against

-
-
-
-

What Would I Tell A Friend

Situation: _____

Think: WHAT WOULD I TELL MY FRIEND TO HELP THEM FEEL BETTER?

What I would tell my friend: _____

Situation: _____

Think: WHAT WOULD I TELL MY FRIEND TO HELP THEM FEEL BETTER?

What I would tell my friend: _____

How do you feel now? _____