Please fill out the below questions as detailed and accurate as you can. Some may apply and some may not. These questions are merely to spark the memory of YOUR unique birth. Either write your answers in a Journal or get a separate notebook dedicated to your discovery of this process, or keep it on your computer all in a place you can easily reference to. If you do not know the answers, ask a family member and be sure to note down how you FEEL about how they answered. How you FEEL about your story is a clue to what beliefs you store because of your story. Be sure to write as detailed as you can about the emotions that surface as you write.

What is a birth story? You needed something to initiate life for you that would be in total opposition to what you were experiencing that would engage you in the polarity of earth-life and to provide for you the knowing that you craved to experience. Your theme of struggle in life is connected to your birth story. Within your birth story is your first imprint of struggle and also power to create. The energy and flow that you came in- you are still flowing in, unless it is cleared. Awareness on any particular thing can alter energy and correct it. I hope that by filling out this worksheet and gaining new awareness on your unique birth story and the beliefs that were created will provide awareness and healing in your life. I hope that you will be able to see that your experience is NOT who you are, but just what you have been experiencing, because you have held yourself in that belief to continue to be created. By gaining awareness on your story- you will be able to let go of what no longer serves you, and create a positive life experience and expression.

Feel free to share your experience at katiemarble.aclearreflection@gmail.com or at www.katiemarble.com

Light and Love,

Katie Marble
**1: Write the story**

When you think about having a baby, what FIRST comes to your mind?

When you think about having a baby, what do you immediately FEEL?

What was your birth story?

When were you born?

What time of year?

Where were you born?

What number of child were you?

Were you born "early", "term", "overdue"?

Were there any complications?

What was the emotional state of your Mother?

What was the emotional state of your Father?

What were the conditions of your family life at the time of your birth?

Was there anything unusual about your birth?

How do you feel about where you were born?

How do you feel about the time of year you were born?

How do you feel about where you were born?

How do you feel about your birth order and being the (1st, 2nd, 3rd, etc..) Child?

How do you feel about the timing of your delivery?

How do you feel about the events during your birth?

How do you feel about your mother, surrounding your birth?

How do you feel about your father, surrounding your birth?

How do you feel when your mother speaks about your birth?

How do you feel when your father speaks about your birth?
How do you feel about the conditions of your family life at the time of your birth?

How do you feel about your birth?

When you think of your birth, what first comes to your mind?

Were you wanted/chosen?

Were you consciously conceived?

Were you the gender hoped for?

2: Discover the Beliefs:

Because all of this happened to you, what did you believe about you?

-Go through each question above and ask yourself, "Because this happened to me, what do I believe about myself?" Keep your answer simple and to the point. Write as best you can the language that your feelings are speaking to you.

Example) Were you "overdue?"

-Yes.

"Because I was overdue, what do I believe about me?"

- "I'm too big" "I am not safe to be here" "I'm afraid to be here" ect.

Name as many beliefs as you FEEL come up, that feel true. Not ALL the beliefs will be negative. Note the ones that are positive for you as well. Record them in a place where you can see them and feel gratitude for them. The negative ones are the ones that need to be healed so they can be empowering as well.

3: Discover the Truth

Go through each belief (not all at one time, but commit yourself to work through each of them individually) and ask yourself, "Is this true?" Remember, it may have been true for you in that moment, but to hold yourself
in the energy of it for the rest of your life keeps you stuck in the energy of only EVER having that experience. So ask yourself, “Is this REALLY ABSOLUTELY true?” and then ask yourself, “Is it possible it could be different? and if It COULD be different, what would life look like, feel like, be like?” Let your imagination open up to what a NEW REALITY COULD look like without that thought and belief.

Write it down.

The pain in life we experience comes not because of the experience, but what we continue to BELIEVE about the experience and the pain we hold ourselves in by believing all the thoughts we think! We are all believers- but believers of WHAT? Is what you are believing in serving you or keeping you held back, in fear, unable to be free to experience new things?

Do you choose to continue to believe this thought or create a new belief?

What new belief do you choose to incorporate?

How does it feel when you write it down? If it feels true- you know you have addressed and reframed the old belief. If it feels un-true, there is still resistance there showing you it isn’t true for you yet. This is okay- it just means the belief is strong, but remember- you originally created it and that you are the one that is strong and can create again if you choose too. Thank the fear. Thank the resistance. Allow it to go and allow your mind to open up to what really is true for you without that belief.

Write it down.