



# Birthing Peace Within

Coming to peace with a less-than-peaceful birth

## RISE UP method of release: a tool for healing

Choose **ONE** past challenge to focus on, initially choose an instance when you can easily fill in the blank in this sentence: I should have done \_\_\_\_\_, I *\*still\** can't believe I did that!

### Resources

I had all of the resources I needed to make a different decision: YES \_\_\_ NO \_\_\_

Is there anything more you want to say about that? \_\_\_\_\_

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### Information

I had all of the information I needed to make a different decision: YES \_\_\_ NO \_\_\_

Is there anything more you want to say about that? \_\_\_\_\_

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### Support

I had all of the support I needed to make a different decision: YES \_\_\_ NO \_\_\_

Is there anything more you want to say about that? \_\_\_\_\_

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### Energy

I had all of the energy I needed to make a different decision: YES \_\_\_ NO \_\_\_

Is there anything more you want to say about that? \_\_\_\_\_

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### Unconditional Acceptance

I can accept that I was doing the best I would with the RISE I had: YES \_\_\_ NO \_\_\_

Why or why

not? \_\_\_\_\_

If no, consider doing the RISE method on whatever is keeping you from saying yes

### Progress

Write any (even tiny) thing here that feels like progress - use the back of the page as needed!

\_\_\_\_\_...more

*To ask questions or to schedule a personal session, write to  
Lori@BirthingPeaceWithin.com, visit BirthingPeaceWithin.com or call  
330-99BIRTH (24784)*