

# Comfort Dial

Breathe deeply, taking deep breaths in and deep breathes out, focus on your breathing, breathing g in a relaxed and comfortable way, let the rhythm of your breath soothe you and relax , relaxing your jaw, you hands , feel your shoulders soften and relax and breathe in 321 relax relax relax breathe out.

And now you feel more comfortable than before I would like you to create an image in your mind when I say the word dial. What does your dial look like, just let it become a picture in your mind, is it an old fashion dial on a safe, a car stereo dial, a washing machine dial, even a slider. Whichever images comes to mind is your dial. What colour is it? Is it rough or smooth? Shiny or dull, does it feel warm or cold. Really get the image of your dial in your mind.

Now around or along your dial I would like you to place the numbers 1-10 what colour are the numbers? really make the image strong in your mind.

Now this dial is to help with your comfort level, to help you manage the intensity of feelings or sensations you may feel so let's try it now, if you have unwanted sensations or feelings in your body, focus on them now, if not imagine you are having a contraction.

What number on your dial are you at right now? What I'd like you to do is turn your dial down to the number below and feel the intensity lessen. now continue to turn your dial down, and as you do, feel the intensity of the sensation or felling lessen until you get to a point where you feel

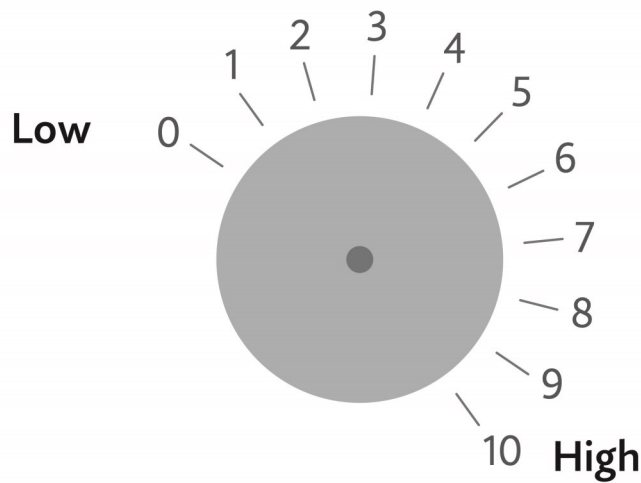
comfortable. Continue to do that now until you get to that point.

As you do so, know that the more you use your dial and practise with your dial, the more powerful it will become, using it will become second nature, not just for when you have your baby but for whenever you need it in everyday life.

And once you have reached a level of comfort I would like you to come back to normal awareness by telling yourself 123 awake awake awake feeling alert but still very comfortably relaxed.

### **Birthing Barometer**

turning down any sensation



### **Sensation Dial**

