



- 1) What are three words to describe yourself? AND What are three things I should know about you?
- 2) What are three words to describe your partner? AND What are three things I should know about your partner?
- 3) Why did you hire me as your doula?
- 4) State or list a couple *specific* things that will support you through the process of labor (other than people).
- 5) What are two or three things that you need from your partner?
- 6) What are sources of stress for you (which may or may not be related to your pregnancy or labor)?

7) What do you do (or wish to do) to relax?

8) What is your relationship to pain? What do you do to take care of yourself? If it's helpful you may describe your most significant painful experience.

9) What is your relationship to your partner being in pain (if applicable)? How do you become involved?

10) Finish the sentence: I chose my partner because...

11) Set an intention for the family (hopes you have, how you embody or envision your family).