

After Miscarriage Journal

The First Step to Alleviating Grief from Your Miscarriage

Your answers to these questions in this workbook will help bring awareness and courage to help you walk through this difficult process of mourning your baby.



Preface:

This workbook is for women who have lost a baby during pregnancy or after giving birth.

Whether it happened recently, a few years ago, or even many years ago you still need to heal. If you have unresolved emotions, this process will help you to release and resolve them so that you can move forward positively with your life.

If you do decide to get pregnant again, you will find that by following this workbook, the loss that you have experienced will not influence the positive attitude and joy that you will feel in your next pregnancy.

- Sophie Keller

Letter from the Author



It's Not Your Fault

When I had my miscarriage, I thought that I had done something to deserve this. If I had exercised more or eaten healthier, my baby would still be alive.

It wasn't until I started writing and asking myself some hard-hitting questions that allowed me to stop blaming myself and give myself permission to let go.

This was the first step in my process of gaining awareness and receiving the courage to moving on. After getting closure, I was able to find peace and happiness. I am now in a stronger, happier marriage, buiding a business together and living with our son, Judah.

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“What a powerful healing experience! This course is invaluable! I had a miscarriage 2 years ago and Sophie has helped me to let go of the unresolved feelings I never knew I had & stopped me from blaming myself. I feel really positive & hopeful for my next pregnancy. Thank you Sophie. – Briana Chalais

Your First Step To Change

To properly complete the exercises, you will need a pen and paper. You will also need a quiet, private place, where you can be alone and undisturbed, in order to express your emotions freely, without any restrictions.

During the process, I ask you to write some of the answers down. The reason why writing is important is that the actual process of pen to paper draws the charged energy and negativity out of your mind, through your arm, to your pen, and onto the paper. By bringing these harmful feelings out of your body, we can more easily resolve them.

Step 1. Feeling Blame

When we lose a baby often our first thought is, “Why me?”
And then to blame ourselves as if we are the reason why
it happened.

*“I didn’t want the baby enough. I am to blame because
I didn’t sleep enough, I continued to work, I didn’t drink
enough water...”*

I felt these feelings and it wasn’t until I started writing and
becoming truly aware of how much I was blaming myself,
that I was able to move on.

You may be thinking...

*I am to be blame because... I should have stopped working and
rested more. I am to blame because... I didn’t want the baby
enough. I am to blame because... I didn’t eat properly and exercised
too much...*

“ If you pretend that your feelings don't exist when they do, then you'll find that they'll rear their ugly heads later on as uncleared baggage. ”

-Sophie Keller



I know that must have been very hard for you and you are probably feeling very raw right now, but please know that your healing has begun and you are on your way to recovering and letting go.

Now that those feelings are out on paper, they will be much easier to deal with! So with that in mind, we continue together to be open to believe differently.



Part Two **Exercise One**

Be Open to Believe Differently

Your beliefs are not who you are; they are attitudes that you have taken on and adopted, a bit like putting on a coat or a hat. So if you have adopted them yourself, you can easily change them yourself. So now we come to our first exercise in Part 2.

Look back at your answers in Part 1 for why you think you are to blame. So the “I am to blame...” list.

You are about to have an imaginary conversation. So close your eyes and imagine you are sitting opposite from the person whose advice you really do listen to the most.

Imagine your loved one is right in front of you; and in a moment you're going to tell him or her why you think you're to blame. You will then imagine their response to you.

So imagine for instance you are sitting opposite your partner, and you might say to your partner...

I think I'm to blame because...I should have stopped working.

Your partner's response might be:

„Well, that's not necessarily true, because most people work through their pregnancy.”

After doing these exercises, you are probably aware of how hard you were on yourself and how this miscarriage is not your fault.

What a relief this is !

When I first became aware of this, I felt a huge weight lifting from my shoulders and I felt free of the guilt and shame I' d been carrying around.

Writing down how you feel is the first step to becoming aware of your pain.

However, there is more work to be done to release you from your old perception of yourself. The next steps involve taking more action.

In my online course, "After Miscarriage," I address these actions to help you to move on from your pain and live a happy and fulfilling life.

To find out more about this course, click here
(this brings you to the sales landing page)

Testimonials for **After Miscarriage** Course

“What a powerful healing experience! This course is invaluable! I had a miscarriage 2 years ago and Sophie has helped me to let go of the unresolved feelings I never knew I had & stopped me from blaming myself. I feel really positive & hopeful for my next pregnancy. Thank you Sophie.”

Briana Chalais

“Not only did ‘After Miscarriage’ help me recover from the loss of our baby, but I actually found myself feeling stronger than ever before.”

Kelly Hamilton

“Losing my baby at 6 months pregnant was the toughest thing I have ever gone through. If you’ve lost a baby run, don’t walk to get After Miscarriage. It is the only thing out there that will help you heal completely.”

Georgia Lee

“We lost our baby at 4 months pregnant and I was devastated. I thought there would be no way that I would ever try again. ‘After Miscarriage’ helped me recover quickly. I got pregnant again and had a wonderful pregnancy. We now have a beautiful baby girl.”

Janice Fisher



More About The Author

Sophie Keller is an expert in the field of positive psychology and well-being. She is the best selling author of 4 books ... *How Happy is Your Love Life?* *How Happy is Your Health?* *How Happy is Your Marriage?* And *How Happy is Your Home?*

Sophie teaches public and corporate workshops worldwide to help individuals and teams boost their performance and reach their potential by being happier. Her audience's range from intimate CEO groups to 1000's at conferences. Some of her clients include LG Electronics, Capital Group, Gano Excel, The British American Business Council, Unruly Media and CASS Business School. She is co-founder of The Village Workspaces, two co-working spaces in Los Angeles that house companies in tech, media, PR, gaming and marketing.



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