

The Galaxy of Motherhood[®]

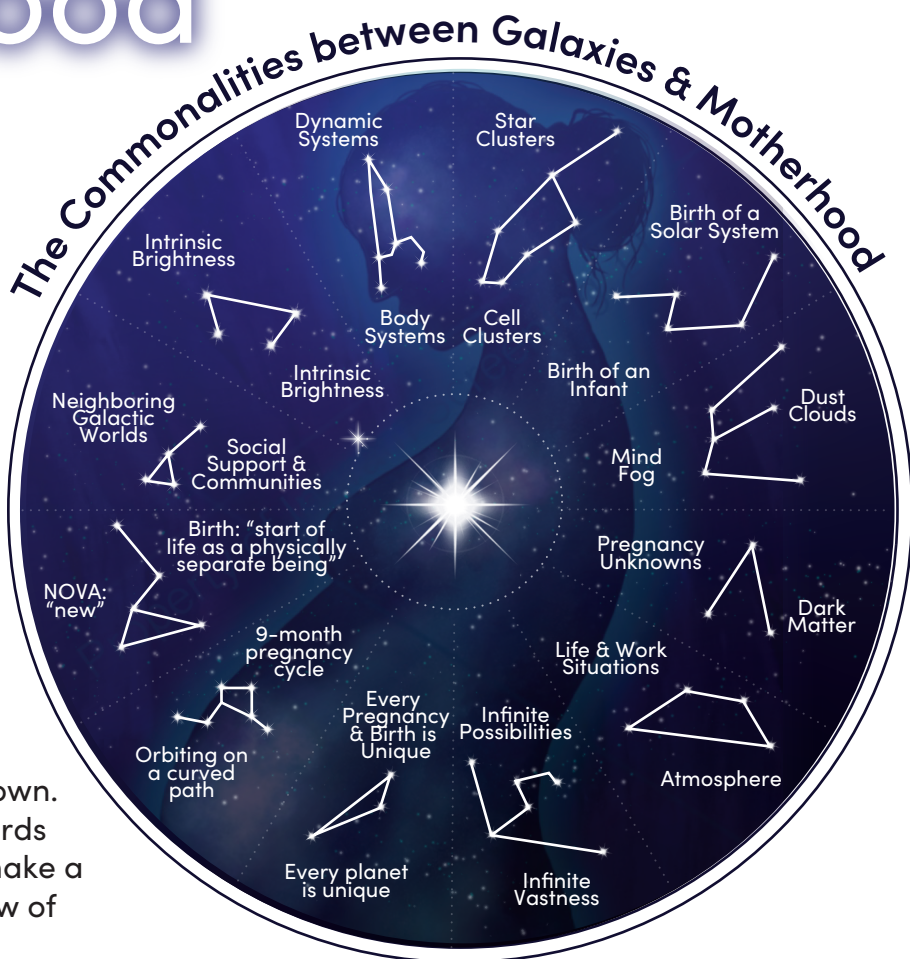
At Ingram Screening, we recognize that all birthing persons do not identify as female or attribute the term 'Motherhood' to describe their parenting experience.

The Galaxy of Motherhood[®] has three distinct bright areas, at *the head, the heart, & the abdomen*.

What three words speak to you when you see the bright areas?

Start at the top and work your way down. There are examples of descriptive words below, you can create your own, or make a combination of any of them. Each view of pregnancy can hold different words.

Hint: words for my first pregnancy were Brain, Spiritual, Uterus; my second pregnancy words were Mental, Heart/Soul, Womb; my third pregnancy words were Head, Compassion, Physical



Prompt 1

My Three Words Are:

The Head

The Heart

The Abdomen



Examples:

The Head:

Mental, Head, Brain, Intellect

The Heart:

Heart/Soul, Cardiovascular System, Compassion, Spirituality

The Abdomen:

Physical, Womb, Uterus, Chasm

Prompt 2

Jot down the meaning of your chosen words as they fit your experience(s).

The Head

The Heart

The Abdomen

Prompt 3

Honor your intrinsic brightness by asking yourself these questions, or add your own!

What can I learn from this exercise about my pregnancy, birth experience, and postpartum period? What were the connections or disconnections? If applicable, was each Motherhood experience the same?

Did concentration on one part come at the expense of another part? If so, how can I realign my experience so it's balanced?

If my three areas were in alignment, what would that have looked like?

If I had a traumatic pregnancy, birth, or postpartum experience, how can I honor it and reframe it if I want to use the Galaxy of Motherhood © as a visual?



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