

My Postpartum Depression Story

▶▶▶ *The Workbook*

MY NAME IS:

MY BABY'S NAME IS:

MY BABY WAS BORN ON:

THIS WORKBOOK IS TO HELP ME:

- collect my thoughts
- be honest and open about what I am feeling
- document my journey
- accept my condition and move out of the darkness
- share my story with whoever I choose (*even if that is no one at all*)

DATE I FOUND OUT I WAS PREGNANT AND MY REACTION TO THE NEWS:

HOW I FELT DURING MY PREGNANCY:

MY LABOR AND DELIVERY STORY:

THE FIRST FEW MONTHS AFTER BABY WAS BORN I FELT:

THE MOMENT I FIRST REALIZED SOMETHING WAS WRONG WAS:

I SUSPECTED I HAD POSTPARTUM DEPRESSION BECAUSE:

THE FIRST PERSON I TOLD AND THEIR REACTION WAS:

WHEN I THINK ABOUT MY BABY I FEEL:

MY RELATIONSHIP WITH MY SPOUSE/PARTNER/BABY'S FATHER IS:

I FEEL GUILTY WHEN:

WHEN I AM AT MY WORST I FEEL:

MY "TRIGGERS" INCLUDE:

SOME INTRUSIVE THOUGHTS I'VE HAD:

MY BIGGEST FEAR IS:

DATE I SOUGHT TREATMENT FOR MY POSTPARTUM DEPRESSION:

TREATMENT OPTIONS I HAVE TRIED/AM USING:

MY SELF-CARE ROUTINE CONSISTS OF:

A MOMENT THAT MADE ME FEEL DISCOURAGED WAS:

A MOMENT THAT GAVE ME HOPE FOR THE FUTURE WAS:

ADDITIONAL NOTES ABOUT MY POSTPARTUM DEPRESSION STORY:

CONGRATULATIONS! YOU'RE DONE!

Final Review

HOW DO YOU FEEL ABOUT YOUR POSTPARTUM DEPRESSION STORY?

WERE THERE ANY ANSWERS THAT SURPRISED YOU?

WERE YOU UNABLE TO ANSWER ANY OF THE QUESTIONS? IF SO, WHY?

DO YOU FEEL THERE IS ANYTHING FROM YOUR STORY THAT WOULD HELP ANOTHER MOTHER BATTLING PPD?

WOULD ANY OF YOUR ANSWERS HELP SOMEONE ELSE IN YOUR LIFE UNDERSTAND WHAT YOU ARE GOING THROUGH BETTER?

If you are interested in sharing all or part of your workbook anonymously on my website, please visit: www.runningintriangles.com/postpartum-depression-story-workbook and use the contact field at the bottom of the page.

Thank You & Stay Strong