

# postpartum depression

THIS IS MY STORY

*about me:*

**MY NAME IS:**

**MY BABY'S NAME IS:**

**MY BABY WAS BORN ON:**

**NOTES ABOUT ME/MY BABY:**

*this workbook is designed 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)*

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## THIS IS MY STORY

*Date I found out I was pregnant and my reaction to the news:*

*How I felt during my pregnancy:*

*My labor and delivery story:*

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## THIS IS MY STORY

*The first few months after baby was born, I felt:*

*The moment I first realized something was wrong:*

*I suspected I had postpartum depression because:*

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## THIS IS MY STORY

*When I think about my baby, I feel:*

*My relationship with my spouse/partner/baby's father is:*

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## THIS IS MY STORY

*I feel guilty when:*

*When I am at my worst, I feel:*

*My biggest fear is:*

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## THIS IS MY STORY

*A moment that made me feel discouraged was:*

*A moment that gave me hope for the future was:*

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## THIS IS MY STORY

*My "triggers" include:*

*Some intrusive thoughts I've had:*

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## THIS IS MY STORY

*Date I sought treatment for my postpartum depression:*

*Treatment options I have tried/am using:*

*My self care routine consists of:*



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THIS IS MY STORY

*Additional notes about my postpartum depression journey:*

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## THIS IS MY STORY

### Final Review

*How do you feel about your postpartum depression story?*

*What was the most difficult question to answer?*

*Did any of your answers surprise 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 postpartum depression?*

*Would any of your answers help someone else in your life understand what you are going through better?*

*If you are interested in sharing any or all of your story for publishing on the blog, please visit <http://runningintriangles.com/postpartum-depression-guest-post-submission/>*