

# Emotional Changes in Pregnancy

*Just as pregnancy changes us physically,  
it changes us emotionally. – Aviva Romm*



## **You're not crazy!**

Emotional ups and downs are normal and healthy during pregnancy. You will likely experience a wide array of emotions throughout your day. Your body is producing large quantities of hormones that influence your behavior and help prepare your body/mind for the birth.

It is normal for you to experience outbursts, whims and cravings, behave irrationally, and to be filled with joyful anticipation.

These emotional changes help set the stage for your ability to handle birth.

## **Normal Concerns:**

- ∞ Being a good parent
- ∞ Finances
- ∞ Career choices
- ∞ Other children
- ∞ Birth and labor
- ∞ Childhood traumas
- ∞ Previous losses
- ∞ Ambivalence
- ∞ Health of the baby
- ∞ Making good choices during pregnancy
- ∞ Defining who you are
- ∞ Loss of control
- ∞ Partner's needs

*Addressing your emotional needs is important. If you feel the need to talk with someone, don't feel embarrassed reaching out to your midwife. She can listen and refer you to a great therapist or support group, if needed. We are here for your physical and emotional health!*

## **What about your partner?**

*Partners may also experience many emotional changes and can feel the stress of looming parenthood along with the many exciting changes to come. Spend some time sharing each of your joys and concerns. Make your relationship strong as you wait for the baby's arrival.*



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## **Common Feelings**

Breaking it down by trimester

### First Trimester Feelings:

- ∞ Ambivalence about pregnancy
- ∞ Excitement
- ∞ Awe
- ∞ Wonder
- ∞ Processing reality of pregnancy
- ∞ Worry/guilt
- ∞ Dependent/insecure
- ∞ Disbelief
- ∞ Joy
- ∞ Anger
- ∞ Anxiety until pregnancy is sustained

### Second Trimester Feelings:

- ∞ Energized
- ∞ Alive
- ∞ Happy
- ∞ Content
- ∞ Sexy
- ∞ Powerful
- ∞ Connected to baby
- ∞ Connected to mothers
- ∞ Reflecting on childhood
- ∞ Reflecting on your own mother
- ∞ Excitement
- ∞ Fear of losing partner
- ∞ Obsessed with vivid pregnancy dreams



### **Effects of abuse may impact your labor and birth.**

### Third Trimester Feelings:

- ∞ Tired
- ∞ Ready to meet baby
- ∞ Anticipation
- ∞ Courageous
- ∞ Nesting urges
- ∞ Worried about death
- ∞ Worried about birth
- ∞ Peace
- ∞ Reflective/Introspective
- ∞ Depressed
- ∞ Excited
- ∞ Uncomfortable
- ∞ Awkward
- ∞ Forgetful/spacey
- ∞ Quiet
- ∞ Fearful
- ∞ Impatient

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