

the
nurture nook

AM I EXPERIENCING BIRTH TRAUMA?

A QUICK CHECKLIST



download this checklist at: nurture-nook.com

The following checklist includes emotional, cognitive, physical, and behavioral symptoms that may occur after a traumatic birth experience. Everyone's journey is different, and symptoms can vary in intensity and duration.

Disclaimer: This checklist is for informational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. If you are experiencing symptoms of birth trauma, please seek support from a qualified healthcare provider, therapist, or counselor.

Adapted from the American Psychological Association. Read more:
www.apa.org/news/press/releases/2018/03/postpartum-ptsd



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emotional symptoms

- ☐ Flashbacks or nightmares about birth
- ☐ Guilt, shame, or feelings of failure
- ☐ Difficulty bonding with baby
- ☐ Emotional numbness or detachment
- ☐ Anxiety, panic attacks, or constant fear
- ☐ Frequent sadness, anger, or irritability
- ☐ Avoiding reminders of birth or hospitals
- ☐ Feeling unsupported or isolated

cognitive symptoms



Trouble concentrating or remembering things ☐

Negative self-talk (I'm a bad mom) ☐

Feeling like nowhere is safe ☐



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physical symptoms

- ☐ Trouble sleeping
- ☐ Chronic exhaustion
- ☐ Body aches or tension without clear cause
- ☐ Racing heart, dizziness, or shortness of breath when triggered

behavioral symptoms



- Avoiding medical care ☐
- Obsessive worry about baby's health ☐
- Withdrawing from family or friends ☐



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If you're reading this and recognizing parts of your story, please know that you are not broken. You are not alone. Your body did not fail you or your baby. The system failed you. Your body brought a new life this side of Heaven and that is nothing short of a miracle. I see you. I believe you. Healing is possible, and you are worthy of it.

If you ever need encouragement, resources, or want to hear how I found hope again after my own birth trauma, you'll find a space waiting for you at The Nurture Nook. You are deeply loved, and you are not walking this path alone.

-Jordyn - The Nurture Nook

