

The Hypno Doula



5 Signs You Might Be Holding Birth Trauma And How to Start Healing

By Catherine Daycock (DHP. Acc. Hyp)



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**By Catherine Daycock, The Hypno Doula
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Birth trauma isn't always dramatic or obvious. You don't need a diagnosis or a 'horror story' for your experience to have left a mark. If parts of your birth feel heavy, confusing, or hard to move on from – this is for you.

Here are five signs you might be holding onto trauma after birth... and what you can do to help – starting right now!

5 Signs You Might Be Holding Birth Trauma



1. You Can't Talk About It Without Crying, Freezing or Feeling Panicked

If thinking or talking about your birth brings a lump to your throat, a wave of nausea, or even total numbness – it's not "just hormones." Your nervous system could still be in survival mode.

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"I didn't even realise I was avoiding the topic. Every time someone asked about the birth, I just changed the subject or made a joke."

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2. You Replay Parts of the Birth Over and Over – Even Months (or Years) Later

You find yourself stuck in a loop, especially over moments that felt out of your control – a decision made too fast, something said, a silence that haunts you. This isn't being dramatic. It's your brain trying to process something it couldn't at the time.

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"It was just one moment. But it replays in my head like a movie scene I can't switch off."

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3. You Feel Disconnected From Your Body, Baby or Both

You might love your baby deeply and still feel like something inside you shut down. Some parents describe a fog or detachment – from their emotions, from their birth story, or from themselves.

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“I thought the second I held my baby I’d feel joy. Instead I felt... nothing. And I still don’t know why.”

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4. You Feel Angry, Let Down or Like You Failed

You might find yourself stewing over how you were treated. Maybe no one explained what was happening. Maybe your wishes were ignored. Maybe it was just all too fast. Whatever the reason – trauma often shows up as guilt, shame or rage.

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“I keep thinking – what if I’d spoken up more? What if I’d done something differently?”

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But remember: it’s not your fault. None of it.

5. You're Avoiding Pregnancy, Birth Conversations or Even Intimacy

You might not want more children because of the birth you already had. Or perhaps you avoid hearing other people's birth stories, or flinch when someone touches your scar or abdomen. This isn't you being "too sensitive" – it's a trauma response.

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I love my baby more than anything... but the idea of going through birth again makes me tense up. Even hearing someone else's birth story sets me off. I don't talk about it. I try not to think about it – but it's always there.”

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So What Can Help?

You don't need to re-live it, re-tell it, or unpack every detail. You just need a safe, gentle way to help your brain and body feel safe again.

I use a beautifully effective technique called 3 Step Rewind – a trauma release method that works with the subconscious, so you can process the experience without re-traumatising yourself.

- No digging through the pain
- No need to “be strong” or justify how you feel
- Just space. Breath. And freedom from the weight of it all

What Is the Three Step Rewind Technique?

The Three Step Rewind is a gentle, effective technique designed to help you release the emotional weight of a traumatic birth experience — without having to relive it or re-tell every detail. It's often described as “like taking the sting out of the memory.” The facts of what happened don't change... but the way your mind and body respond to those memories becomes calmer, more neutral, and no longer distressing.

Why is it called “Three Step Rewind”?

Because it uses three simple steps to guide your nervous system from high-alert back into safety:

Step 1: Telling the Story in a Safe, Neutral Way

You'll be gently guided to talk through the birth in a calm, factual way — no pressure to go into anything upsetting. The aim is simply to help your brain bring the experience into the “here and now” with support and control.

Final Thoughts and Next Steps

Birth isn't something to fear — it's something to ***prepare*** for, body and mind. Whether you birth with a roar or a whisper, your experience matters, and you deserve to feel confident, informed, and supported.

If this little guide has helped you feel even one step closer to that, then know there's so much more waiting for you.

My Hypnobirthing Workbook is the perfect next step — packed with powerful techniques, mindset tools, simple exercises, and body wisdom to help you feel calm, capable, and ready for anything birth brings.

I also offer MP3 tracks, holistic techniques guides, and gentle C-section preparation resources if you want more support in your ears and heart.

Whether you're preparing for your first baby or your fifth, there's always space to connect more deeply to your intuition, to your body, and to your baby.

You've got this — and if you'd like a guide beside you, I'd love to help.

👉 <https://thehypnodoula.co.uk/store>

With calm and courage,

Cathie Daycock

The Hypno Doula

