

*Pregnancy  
after Loss  
Affirmations*

*Pregnancy After Loss Support*

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Thank you.

Valerie Meek  
Operations Director  
Pregnancy After Loss Support

## Print and Use Instructions

For best results, print the affirmations on heavy card stock. Cut around the dotted lines and hang in places where you will regularly see them for encouragement during your pregnancy after loss.

Visit [PregnancyAfterLossSupport.org](https://PregnancyAfterLossSupport.org) for more encouragement and support during your pregnancy after loss.

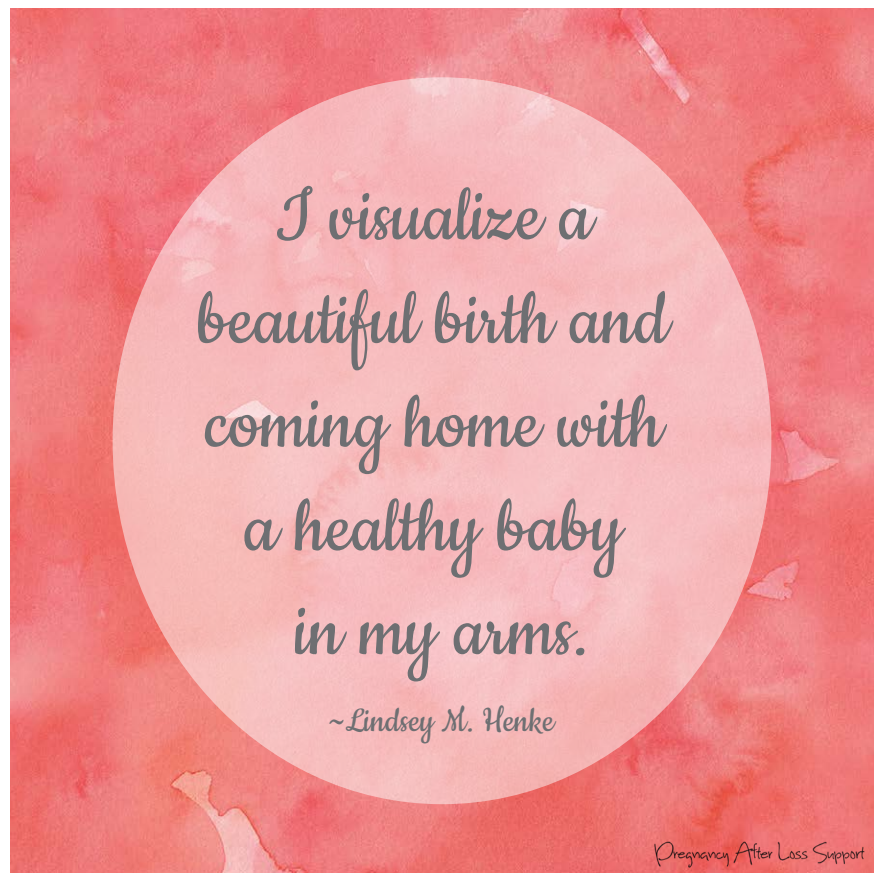


*This is...*

*a different pregnancy,  
a different baby,  
a different story, with  
a different ending.*

*~Lindsey M. Henke*

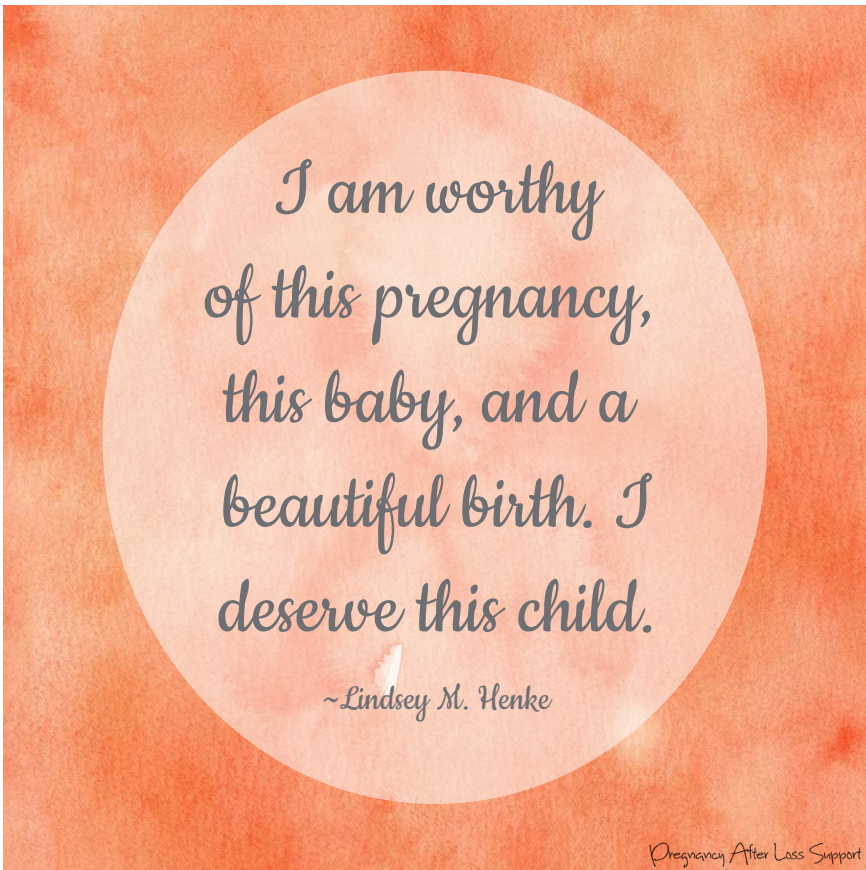
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*I visualize a  
beautiful birth and  
coming home with  
a healthy baby  
in my arms.*

*~Lindsey M. Henke*

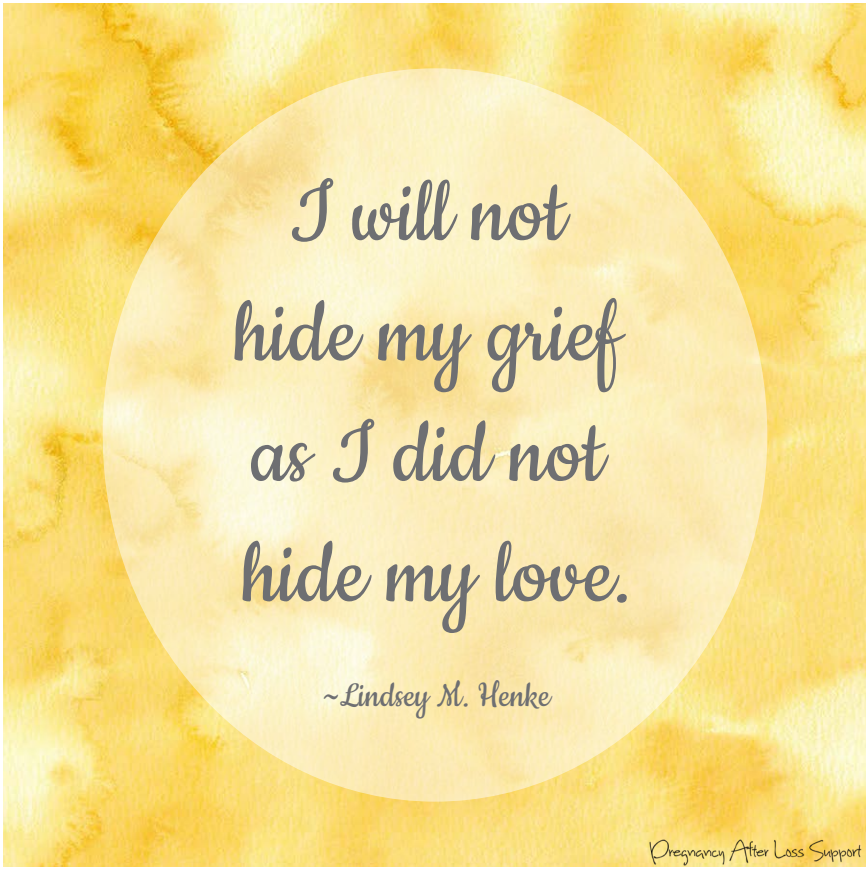
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*I am worthy  
of this pregnancy,  
this baby, and a  
beautiful birth. I  
deserve this child.*

*~Lindsey M. Henke*

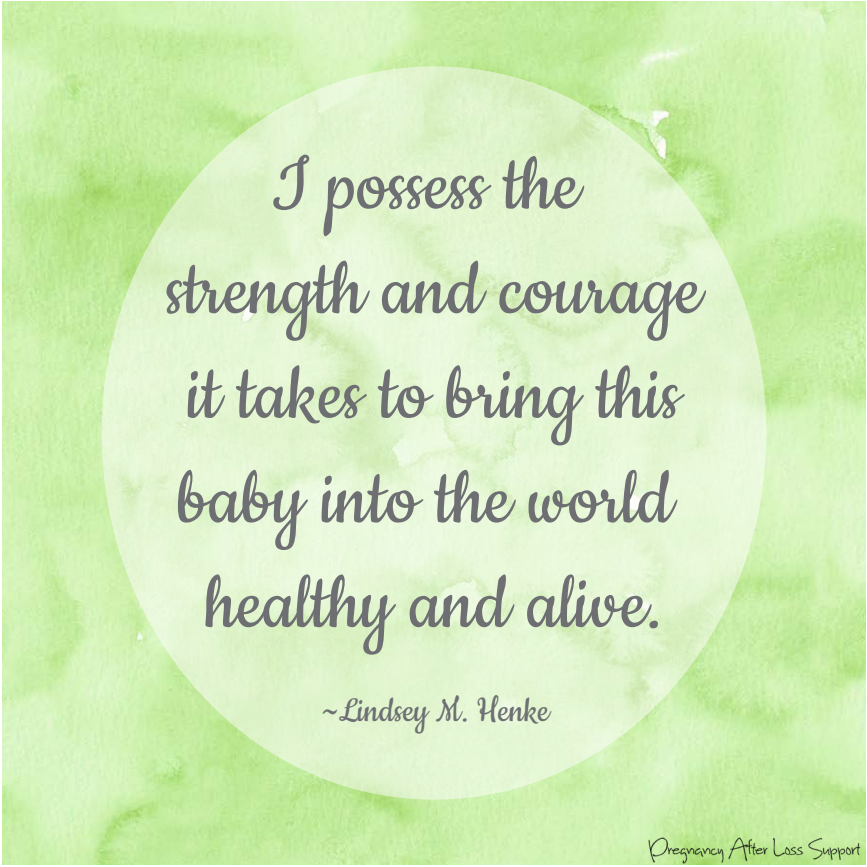
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*I will not  
hide my grief  
as I did not  
hide my love.*

*~Lindsey M. Henke*

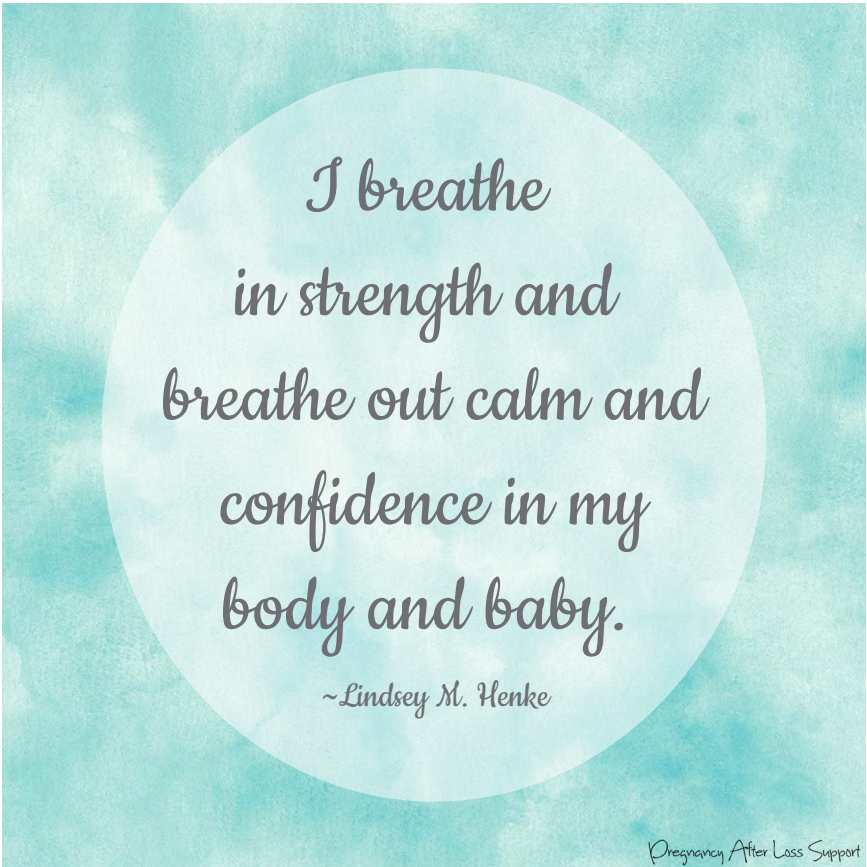
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*I possess the  
strength and courage  
it takes to bring this  
baby into the world  
healthy and alive.*

*~Lindsey M. Henke*

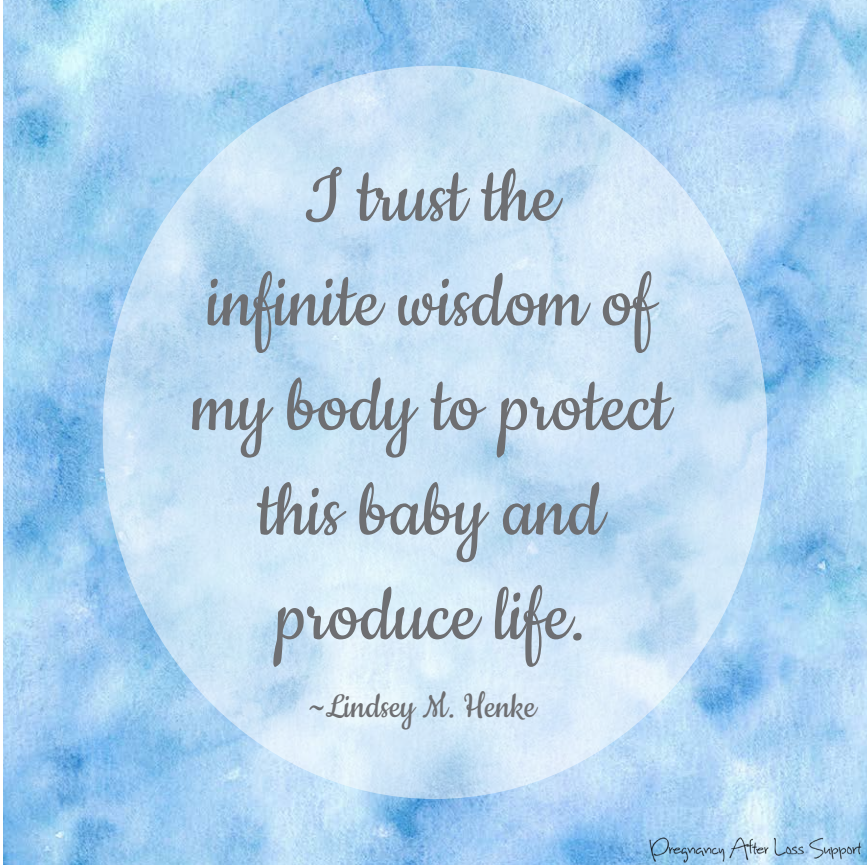
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*I breathe  
in strength and  
breathe out calm and  
confidence in my  
body and baby.*

*~Lindsey M. Henke*

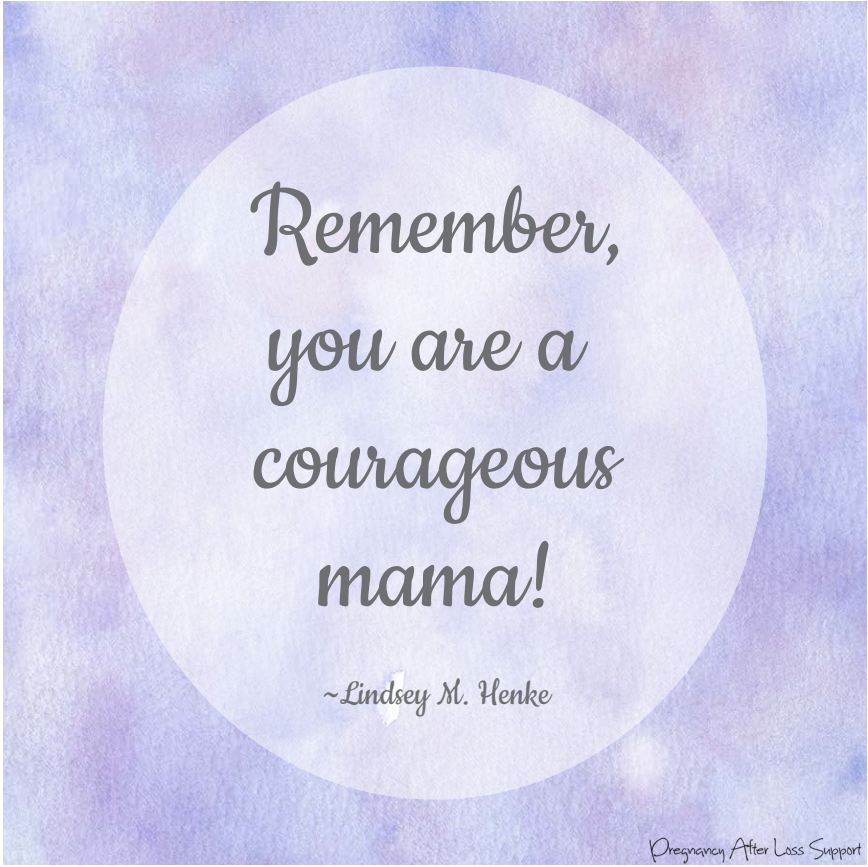
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*I trust the  
infinite wisdom of  
my body to protect  
this baby and  
produce life.*

*~Lindsey M. Henke*

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*Remember,  
you are a  
courageous  
mama!*

*~Lindsey M. Henke*

*Pregnancy After Loss Support*

