



B.R.A.I.N.

A Grounding Guide for Informed, Aligned Decisions

In moments where things feel fast, overwhelming, or uncertain—
you are allowed to slow it down.

You are allowed to breathe. ♡ You are allowed to ask. ♡ You are allowed to feel.



B

BENEFITS

What is being offered, and how is it meant to support me?

- How will this benefit me or my baby?
- What is the intention behind this recommendation?
- What outcome are we hoping for?



R

RISKS

What should I be aware of as I consider this?

- What are the potential risks?
- How often do these risks occur?
- What could this look or feel like afterward?



A

ALTERNATIVES

What other paths are available to me?

- Are there other options we can explore?
- Is there a less invasive or more supportive approach?
- What choices do I have outside of this?



I

INTUITION

What is my body, my spirit, telling me right now?

- Do I feel safe?
- Do I feel pressured, or do I feel supported?
- If I had space to choose freely, what feels most aligned?

IT IS NOT THE PROVIDER'S VOICE OR YOUR INTUITION—
IT IS BOTH, **WORKING TOGETHER.**



N

NEXT STEPS / NOTHING

What unfolds from here, either way?

- What are the next steps if I move forward?
- What happens if I choose to wait or do nothing right now?
- Is this urgent, or do I have space to decide?

Come back to yourself.

You are not here to be rushed. You are not here to be silenced.

You are not here to be disconnected from your knowing.

*You are allowed to pause. You are allowed to ask questions.
You are allowed to choose what feels right for you.*

**YOUR VOICE BELONGS IN THIS SPACE.
YOUR PRESENCE MATTERS IN THIS DECISION.**

EARTH ANEGEL & CO.