



---

# WHEN YOUR FIRST DOULA CLIENT SHAKES YOUR CONFIDENCE

---

[www.bebomia.com](http://www.bebomia.com)

Copyright bebo mia 2025





# Welcome

Here is your tool to follow along with the blog post.

Your first doula client is a milestone—but it can also shake you to your core. This worksheet is your space to process, reflect, and reset. Print it, type into it, or use it as journaling inspiration. You can do this.

## What Just Happened?

1. Describe the situation: What happened with your client that left you feeling uncertain, overwhelmed, or deflated?

2. How did you feel during and after?

Circle or write all that apply (frustrated, embarrassed, angry, sad, helpless, defensive, surprised, other).

3. What story did you start telling yourself? Write the sentences that played in your mind.



## WHAT MIGHT BE TRUE (AND WHAT'S JUST FEAR TALKING)?

4. Facts vs. Feelings: List what's objectively true about the situation—then what's fear or interpretation.

5. What might explain your client's actions? (Use the blog '[When Your Doula Clients Don't Call](#)' for inspiration.)

6. What does this experience reveal about your needs as a doula? (Boundaries, scripts, systems, support.)



## BUILDING BACK CONFIDENCE

7. What skills or strengths DID you show up with?

8. What's your next small learning step?

9. Who can you reach out to for community support?

10. Write your Re-Anchor Statement:

"I am a doula who brings \_\_\_\_\_ to my  
clients, even when \_\_\_\_\_. My confidence grows when I \_\_\_\_\_."

# MOVING FORWARD CHECKLIST

- ☐ I name what I'm feeling before I fix it
- ☐ I review my client interview questions and contract
- ☐ I seek mentorship or peer debriefing
- ☐ I update my boundary scripts
- ☐ I celebrate what went right
- ☐ I rest and reset before the next client
- ☐ I remind myself that confidence is a practice

Confidence isn't something you have or don't have—it's something you build through reflection, repair, and repetition. You're not a 'newbie' doula who messed up. You're a professional who is learning in real time how to walk through complexity with grace.

You are part of a movement transforming birth culture. You're doing brave, hard, human work.

Send us an email to [info@bebomia.com](mailto:info@bebomia.com) if you want to hear about our other awesome programs. Have any questions? Reach out - we love chatting with our community.

xoxo

the #BEBOBABES

