

CoMedy Audit Your Birth Story



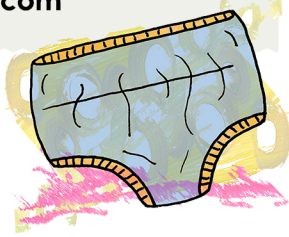
by Angie Belcher

Angie Belcher is a comedian, educator and founder of AFTERMIRTH, a comedy club for new parents, and Comedy on Referral which helps people to work through trauma using comedy.

angiescomedycourses.com

You will need:

Whatever you like to write with. **Timing:** 30 minutes.



TECHNIQUE

- 1 Do a sensory audit of your birth. Make a list of everything you saw, smelt, heard or thought during your birth. Don't worry if they're funny or not, just keep writing down your recollections. Try to write about 10 things.
- 2 Match up big thoughts and small thoughts together to create a comedic conflict of your experience.
- 3 Try to put your thoughts into a narrative, creating a funny birth story.
- 4 Read your set out to a friend or in a group, making a note of which bits get the biggest laughs, and you can expand on those ideas further.

For example:

"I felt like a powerful goddess bringing life and energy to the world- I also felt like an idiot in my plastic pants".

"I felt my body surging, making this life push through from another world- My baby looked like an Angry Daily Mail reader".

Major life experiences, no matter how difficult, chewy or weird are a fantastic opportunity for comedians to create material. This approach helps you to compile funny content, which can be turned into comedy sets, stories, cartoons or poetry. This process looks at the juxtaposition of BIG thoughts and small thoughts, which when put together create a playful narrative. Some comedians who use this approach include Tig Notaro, Ali Wong and Gina Yashere. Big thoughts are serious, cerebral or political ideas, and small thoughts are the more insignificant, puerile, whimsical or happen-chance things that occur.



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