

GROSSESSE SECOURS

Reflection Guide

**A tool to help you through your
decision-making process: when
you're feeling ambivalent towards
a pregnancy**



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The pregnancy test is positive...

Now what?

A positive pregnancy test can cause multiple emotions; fear, sadness, anger, relief, joy, worries... It can be difficult to see clearly when we are overwhelmed by our emotions, beliefs, values and those of others.

One of the primary values of **Grossesse-Secours** is FREE CHOICE, which is the possibility for all women, trans and non-binary people to choose **if** and **when** they want children.

It can be hard to think clearly when we are overwhelmed by our own emotions, beliefs, values...And those of others!

Here are the three options available:

- **Continuating the pregnancy and become a parent**
- **Terminating the pregnancy (abortion)**
- **Adoption**

Just remember that there is no ideal choice: the one you're going to make will be the best for you at this exact moment in your life.

This guide was conceived to assist you throughout your reflection process, by offering you some ideas that could be useful to make an informed choice. Five fundamental aspects of your life will be addressed so that you explore your situation thoroughly and make the best decision for you.

What about the partner(s)?

Partners will also experience a lot of emotions and reactions to the announcement of the pregnancy. The social section includes most of the questions relevant to partners: this could be a good starting point for respectful dialogue.

Although the final decision about the outcome of the pregnancy is completely up to you, it can be important to take the time to discuss it with your partner(s). Share your emotions, your fears, your plans, etc. Also listen to their concerns.

In the absence of support from your partner, it's possible to find someone that you trust, to accompany you through this process (family, friends, social worker).

Emotional aspect

Your feelings, emotions, reactions

What was my first reaction when I found out that I was pregnant?

Before finding out that I was pregnant, how would I have described my desire to experience this pregnancy?

Now that I am experiencing this pregnancy, how would I describe my desire to become a parent (or becoming a parent again)?

Did I have a parenting plan with my current partner?
If so, what did it look like?

Think of the three options that are available regarding your pregnancy, and write down your fears, worries, doubts and challenges for each category

Continuing the pregnancy:

Abortion:

Adoption:

Have I ever faced a dilemma in the past?
If so, what strategies helped in making a decision?

Financial aspect

Your material and financial resources:

What impacts would there be, on my studies, my job, my housing situation, my diet, my spending habits, my hobbies and my personal projects if I decided to become a parent?

How might these impacts influence my decision?

What income do I have available to ensure the well-being of a child?

Based on the economic impacts identified above, how should I adjust my personal expenses to meet the needs of a child?

Do I have any medical coverage here (either RAMQ, or IFHP)?

If not, am I aware of the costs associated with each pregnancy option?

Am I ready to assume these costs?

What resources (relatives, organizations, government assistance) could offer me financial, material, food or accommodation support?

Social aspect

The relationships you have with your partner(s) and loved ones as well as the rules and norms of society.

How do I currently perceive my relationship with my partner(s) and loved ones?

What support do my partner(s) and those around me give me in my decision-making? Are there issues related to different opinions?

How important are the opinions of my partner(s) and those around me in regard to my decision?

Think about the impacts (e.g.: support, breakup, isolation, judgment, single parenthood, etc.) that the final decision could have on the relationship with your partner(s) and those around you.

Write these impacts in each category, if you decide to

Continuing the pregnancy:

Abortion:

Adoption:

It's very common that we impose pressure on ourselves or that we feel it coming from other people (our surroundings or society).

If so, how does this pressure manifest itself and how do I manage it?

Health aspect

Your health, both physical and psychological, your genetic background, your lifestyle, etc.

How can my current state of physical and psychological health influence my options (continuing the pregnancy, abortion or adoption)?

What are the hereditary diseases in my family or my partner's that could influence my decision?

How is my age affecting my decision?

It is normal for certain bodily changes to occur during pregnancy (e.g. weight gain, stretch marks, nausea, hormonal changes, etc.). How do I view these changes?

How would I experience the changes my body if I decide to continue this pregnancy? (ex: weight gain, stretch marks, nausea, hormonal changes, etc.)

What lifestyle habits (e.g. drug and alcohol use, medication, sleep, work, diet, physical activity and others) would I be willing to change if I decide to continue the pregnancy?

Moral aspect

Your personal and/or religious beliefs, cultural and social values

What are my values and beliefs that would impact each of my options. Describe how they influence my opinion/thoughts on:

Continuing the pregnancy:

Abortion:

Adoption:

Which option fits best with my personal and religious beliefs as well as my cultural and social values?

How to take care of yourself after this exercise?

This exercise may have stirred several emotions, thoughts and perhaps led to certain realizations. It is possible that you have not yet made a decision about pregnancy and that is okay. You can do the exercise again at any time you find appropriate, alone or with your partner(s). In the meantime, we offer you some ways to take care of yourself after this exercise.

1. Look within yourself:

Head → Reflection and idea (I think...)

Heart → Emotion, motivation and mood (I feel...)

Body → Goals and actions (I live...)

2. Have kindness towards yourself

Repeat the following sentences to yourself:

-I have the right to treat myself gently.

-I can take my time to make a choice.

-It's okay to experience several emotions/feelings right now.

-I am the expert of my reality. It's my body, my choice.

-I am strong and valid, regardless of my decision.

3. Set up a well-being ritual

-Think about what makes me feel good (e.g. exercise, hobbies, etc.) and put it into practice.

-Create a space/moment to address only the ambivalence, then allow yourself another space/moment to relax

In conclusion

Do not hesitate to contact us at Grossesse-Secours, or another organization which, like us, respects the choice of pregnant people. The objectivity of a neutral person can contribute to informed decision-making.

Remember that the final decision is yours. Your decision must be in accordance with your feelings, your values and your beliefs, at this specific moment in your life.

PRO CHOICE Ressources

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