# Pregnancy Advisory Service <u>Activities to help with decision-making: pros & cons</u>

The Royal Women's Hospital Fact Sheet / www.thewomens.org.au



You might like to draw or write down your responses as a record of the time, effort and consideration that went into your decision-making process.

# **Questions for you**

#### **Abortion**

- · What would I gain?
- What would I lose?
- What would I have to give up that I have in my life now education, relationship, housing, financial?
- What would I have to do that is different from my life now education, relationship, housing, financial?
- How would it help my goals?
- How would it be a barrier to my goals?
- What am I planning to do/be in five years time in my life?
- How does this decision affect my five-year life plan?
- How do I feel ethically about this decision in my life now?
- What are other people telling me about the ethics of this decision?
- What resources do I have to support me to go through with this decision?
- How will this decision affect my physical health?
- How will this decision affect my mental health?
- How will this affect my partner/family/children?
- How do I think I will feel after going through with this decision?
- What is the best thing about this decision?
- What is the hardest thing about this decision?
- What do I need to do to make this decision happen (small or big steps)?

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## Adoption

- What would I gain?
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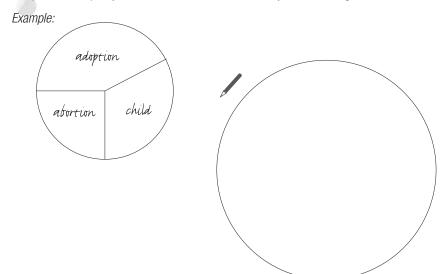
## **Continuing the pregnancy**

- What would I gain?
- What would I lose?
- What would I have to give up that I have in my life now education, relationship, housing, financial?
- What would I have to do that is different from my life now education, relationship, housing, financial?
- How would it help my goals?
- How would it be a barrier to my goals?
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# Charting your goals<sup>2</sup>

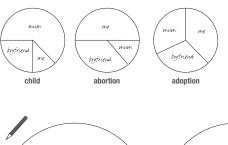
Draw a circle. Divide the circle into sections. Label the parts of the circle, 'child' 'abortion' 'adoption'. Each part you draw should reflect how much you want that goal.

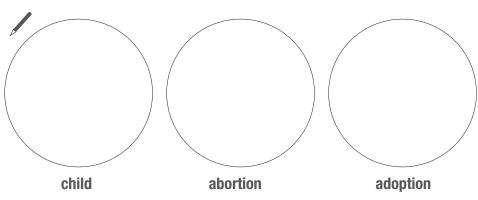


How big is the piece of the circle for each option?

Now draw circles for each option and label what other people (including you) want. How big is the piece that belongs to what others want? Put their names in their pieces of the circle.

For example, in one circle, Mum and boyfriend might be more than 50%. What about you?





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# Your goals, your life Notes / Which of these goals are important to you? How will your decision affect these goals? You may wish to think about the images below and make notes.3 travel house relationships employment lifestyle spirituality balance money health career children independence security creativity creativity community participation (1)

# Rating the pros & cons of your decision<sup>4</sup>

#### Instructions

- 1. In the table Continuing the Pregnancy, list all the issues or contributing factors that are influencing your decision using the pros (positives) and cons (negatives). The list can be as long or short as you want but try to give some good thought to all the factors influencing your decision.
- 2. When you have finished the first list, move to Termination of Pregnancy (TOP) and do the same.
- 3. When you have made both your sets of lists, give each of the factors a number from 1 to 10 depending on their importance to you: 10 = extremely important; 1 = not so important.
- 4. Total each of the scores in each section and enter in 'Total' box.
- 5. Finally, add the pros from one table with the cons from the other. (See example below, pros of continuing pregnancy: 33 + cons of TOP: 40 = 73. Pros of TOP: 34 + cons of continuing pregnancy: 47 =81. In this example Taylor has given more emphasis on not continuing the pregnancy/having a termination.)

## Example - Taylor, aged 17

#### **Continuing the Pregnancy**

PROS		CONS	
Always loved children	5	My parents will be disappointed	8
Want to have a baby sometime	4	I'm so young	5
He says he will support me	8	I have no money	9
Want someone to love	10	He might not stay with me	5
I don't believe in abortion	6	I'm scared of the birth	7
		Will have to give up my social life	7
		Might have to give up education	6
Total	33	Total	47

## **Termination of Pregnancy**

PROS		CONS	
My parents want this	6	I don't really believe in it	4
No-one need know I'm pregnant	10	I'm scared of the procedure	8
I can continue at school	9	It's my first baby	5
He may not be around if I have a baby	2	I would be a good mother	5
I can continue my social life	7	I'm scared I won't get pregnant again	10
		He wants the child	8
Total	34	Total	40

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# My decision

PROS	CONS
Total	Total

## **Termination of Pregnancy**

PROS	CONS
Total	Total

Now, reflect on what these ratings mean for you. You might find that the numbers have significance straight away. Or it might mean you want to explore certain issues further.

Finally, place a tick next to anything you need to seek further information about. For example: 'ask doctor re this', 'read further', 'talk to a counsellor', 'find out what's involved in giving birth', 'research available Centrelink benefits'.

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This exercise can be repeated if adoption is an option you are considering.

#### **Adoption**

PROS	CONS
Total	Total

#### References

- 1 With acknowledgement of various sources: Children by Choice, 'Making a decision...A Woman-centred approach to looking at pregnancy options', Queensland, <a href="http://www.childrenbychoice.org.au/nwww/decision.htm">http://www.childrenbychoice.org.au/nwww/decision.htm</a> viewed 7 June 2010; 'Activity 2: Getting ready to make the decision', Johnston, Margaret R. 'Pregnancy Options Workbook', Ferre Institute, New York, USA, <a href="http://www.pregnancyoptions.info">http://www.pregnancyoptions.info</a>, viewed 7 June 7 2010.
- 2 Adapted with permission from 'Activity 3: Deciding what to do', Johnston, Margaret R. 'Pregnancy Options Workbook', Ferre Institute, New York, USA, <a href="http://www.pregnancyoptions.info">http://www.pregnancyoptions.info</a>, viewed 7 June 7, 2010.
- 3 Adapted from images & activities by St. Luke's Innovative Resources, 'Views from the verandah', Innovative Resources, Bendigo, <a href="http://www.innovativeresources.org">http://www.innovativeresources.org</a>, 2007.
- 4 Used with permission from Ms Marlene Ware, former Counselling Advisor, Level J Unit, Wellington Hospital, New Zealand.

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