Pregnancy Advisory Service Activities to help your decision-making: feelings & values

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We have used a variety of decision-making exercises. Some involve considering your thoughts or feelings or your physical responses to this decision. Some involve using your rational side and others using your creative or intuitive side. You might find some more useful than others depending on your decision-making style.

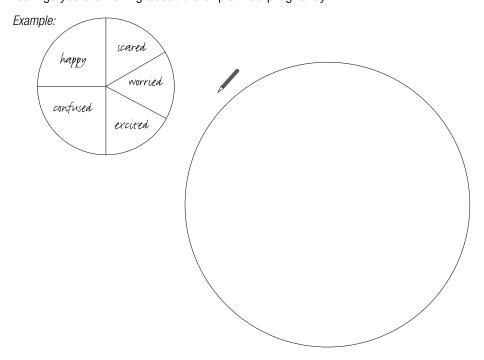
You might wish to write or draw your responses. You may also want to discuss your responses with someone you trust.

How do I feel?

1. Right now I am feeling (circle those you feel):¹

Scared	Panic	Strong	Peaceful	Worried
Confused	Numb	Embarrassed	Alive	Unloved
Overwhelmed	Guilty	Like crying	Lost	Determined
Confident	Comfortable	Selfish	Disappointed	Supported
Stupid	Anxious	Resolved	Нарру	Capable
Uncertain	Relieved	Grieving	Sad	Decided
Unreal	Trapped	Relaxed	Alone	Other

2. Use the empty circle. Divide it into sections, then label the pieces with the feelings you are having about the unplanned pregnancy.



3. How do I feel about each issue right now? ²	Notoo
The idea of having an abortion makes me feel	Notes /
because	
and I'm thinking	
The idea of continuing the pregnancy and placing a child for adoption makes me feel	
because	
and I'm thinking	
The idea of having a child now makes me feel	
because	
because	
and I'm thinking	



For some women emotions seem like they sit in a part of your body.

Scan your body. Where on your body are you feeling what you're feeling? Simply notice this spot and what the sensations are in your body that accompany the feeling. Notice the feeling that accompanies your body's sensations without judging it. Let the feeling simply be there without needing to judge it or hold onto it.

Breathe in and out and on the out-breath, breathe deeply into the area again, using your warm breath to release any tension you might be feeling in that area. Repeat this activity several times whenever unpleasant feelings or sensations arise in your body.

What are my values, beliefs and goals?4

- Who can help me make this decision?
- Who won't judge me?
- What are my values around parenting?
- How do I want the ideal situation to be when I parent?
- Is this how it is now?
- Do I feel I can parent if the situation isn't ideal?
- Do I want to have a child?
- Can I afford to have a child?
- Is having a father who is 'there' important to me for my child? If so, will that be a reality in this case?

•	What are m	ıy goals	and my	hopes	for the	next two	years,	next five	years	and	next ten	years?
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2 years			
5 years			
10 years			

• What if I continue the pregnancy/have an abortion/have an adoption?

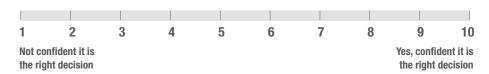
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Rating my feelings: continuing the pregnancy 5

• On a scale of 1 to 10 of feeling that continuing the pregnancy is the right decision for you, where would you say you are now?

1	2	3	4	5	6	7	8	9	10
Not co	nfident it is							Yes, confid	ent it is
the rig	ht decision							the right d	lecision

• Where would you need to be on the scale to feel satisfied that you have made a final decision?



- Thinking about the first scale, what are the first steps you need to take to move toward making a final decision?
- Once you have made your final decision, what changes do you expect to see in your life?

You may wish to try this exercise again after you have completed a number of the decision-making exercises. Or you can simply wait and try it again in a few days. Note how the second time might be similar or different to the scale you did at the beginning.

Rating my feelings: abortion

• On a scale of 1 to 10 of feeling that abortion is the right decision for you, where would you say you are now?

1	2	3	4	5	6	7	8	9	10
	onfident it is ght decision							Yes, confid the right o	

• Where would you need to be on the scale to feel satisfied that you have made a final decision?

1	2	3	4	5	6	7	8	9	10
Not co	nfident it is							Yes, confid	ent it is
the rig	ht decision							the right d	ecision

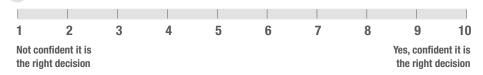
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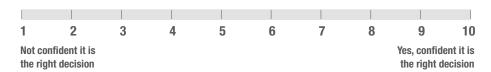
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Rating my feelings: adoption

On a scale of 1 to 10 of feeling that adoption is the right decision for you, where would you say
you are now?



• Where would you need to be on the scale to feel satisfied that you have made a final decision?



- Thinking about the first scale, what are the first steps you need to take to move toward making a final decision?
- Once you have made your final decision, what changes do you expect to see in your life?

You may wish to try this exercise again after you have completed a number of the decision-making exercises. Or you can simply wait and try it again in a few days. Note how the second time might be similar or different to the scale you did at the beginning.

References

- 1 Adapted with permission from 'Activity 2: Getting ready to make the decision', Johnston, Margaret R, 'Pregnancy Options Workbook', Ferre Institute, New York, USA, https://www.pregnancyoptions.info, viewed 7 June 2010.
- 2 Children by Choice, 'Making a decision...A Woman-centred approach to looking at pregnancy options', Queensland, http://www.childrenbychoice.org.au, viewed 7 June 2010.
- 3 Adapted with permission from 'Activity 2: Getting ready to make the decision', Johnston, Margaret R, 'Pregnancy Options Workbook', Ferre Institute, New York, USA, https://www.pregnancyoptions.info, viewed 7 June 2010.
- 4 Adapted with permission from 'Activity 2: Getting ready to make the decision', Johnston, Margaret R, 'Pregnancy Options Workbook', Ferre Institute, New York, USA, https://www.pregnancyoptions.info, viewed 7 June 2010.
- 5 Adapted from images & activity by St. Luke's Innovative Resources, 'Views from the verandah', Innovative Resources, Bendigo, http://www.innovativeresources.org, 2007.

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