

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.

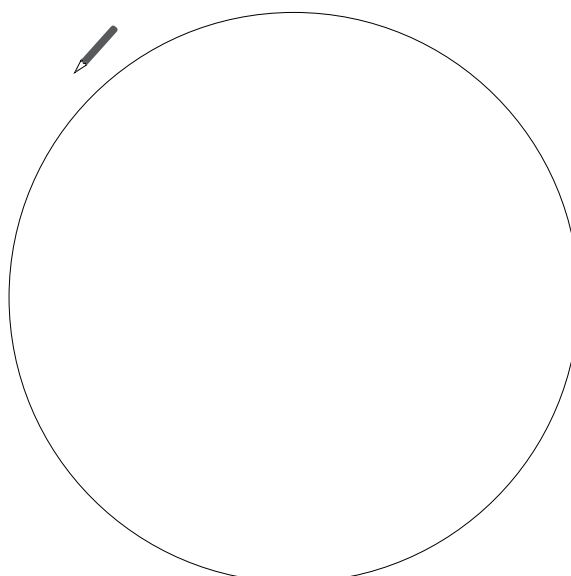
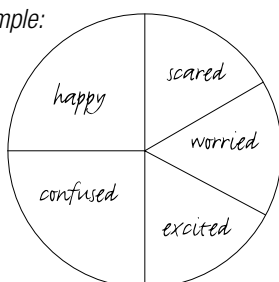
How do I feel?

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	Happy	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.

Example:



Notes



[illegible]





- 1 2 3 4 5 6 7 8 9 10
- Not confident it is the right decision Yes, confident it is the right decision

- 1 2 3 4 5 6 7 8 9 10
- Not confident it is the right decision Yes, confident it is the right decision

- 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

- 1 2 3 4 5 6 7 8 9 10
- Not confident it is the right decision Yes, confident it is the right decision

- 1 2 3 4 5 6 7 8 9 10
- Not confident it is the right decision Yes, confident it is the right decision

- 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.

4/5




- 1 2 3 4 5 6 7 8 9 10
- Not confident it is the right decision Yes, confident it is the right decision

- 1 2 3 4 5 6 7 8 9 10
- Not confident it is the right decision Yes, confident it is the right decision

- Once you have made your final decision, what changes do you expect to see in your life?

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, <<http://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, <<http://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, <<http://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.au>>, 2007.

Notes 

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