



Pregnancy & Recovery Arc Mildura | PRAM Options Worksheet

Many women, when faced with an unexpected or difficult pregnancy, feel shocked, scared and confused when thinking of the impact a child will have on their future.

Making a decision when you are feeling this way can be difficult.

This worksheet is designed as an aid, to help you as you consider your options.

Before exploring your choices regarding this pregnancy, it may be helpful for you to sort through your thoughts and feelings about what is happening for you right now.

YOUR THOUGHTS & FEELINGS:

How do you feel about being pregnant?

Which of these feelings are behind your uncertainty in continuing the pregnancy?

What are the thoughts behind this feeling?

What is getting in the way of you making a decision?

For example A lack of information? Your circumstances? The opinion of others?

To help make an informed decision, now consider the practical and emotional impact of the choices available.

PARENTING

What are your beliefs and values about being a parent?

How does the thought of being a parent affect you emotionally?

How do you think being a parent will affect you financially?

How will being a parent affect you socially?

How will a child affect your relationships?

Partner? Parents? Friends? Other children? Other family?

What support would you need to raise a child?

What positives do you see about being a parent?

What negatives do you see about being a parent?

Having explored how becoming a parent may affect your life, take some time to reflect on how you are feeling about this choice now.

TERMINATING THE PREGNANCY

What are your beliefs and values about pregnancy termination?

How do you think terminating the pregnancy will affect you emotionally?

How will terminating the pregnancy affect you financially?

How will terminating the pregnancy affect you socially?

How will terminating the pregnancy affect your relationships? Partner? Parents? Friends? Other children? Other family?

What support will you need if you choose to terminate the pregnancy?

What positives do you see in terminating the pregnancy?

What negatives do you see in terminating the pregnancy?

Having explored how terminating the pregnancy may affect your life, take some time to reflect on how you are feeling about this option now.

ADOPTION

What are your beliefs and values about adoption?

How does the thought of continuing the pregnancy and then placing the child up for adoption affect you emotionally?

How will continuing the pregnancy and then placing the child up for adoption affect you financially?

How will continuing the pregnancy and then placing the child up for adoption affect you socially?

How will placing the child up for adoption affect your relationships? Partner? Parents? Friends? Other children? Other family?

What support would you need to continue the pregnancy, and then place the child up for adoption?

What positives do you see in placing a child up for adoption?

What negatives do you see in placing a child up for adoption?

Having explored how continuing the pregnancy and then placing the child up for adoption may affect your life, take some time to reflect on how you are feeling about this option now.

You may need:

- A place to think free from pressure.
- Someone who will listen to you and be there to support you.
- To talk to someone who is not involved with you or your family.
- A helping hand around the home.
- Your opinion, feelings and decisions to be respected.
- To speak to one of our support workers and find assistance local to you, call the Helpline on 1300 139 313

Free and confidential services include:

- Individual or couples counselling.
- Counselling over the phone, online or in-person, in a supportive environment.
- Referral to support services.
- Pregnancy testing.
- Grief counselling after miscarriage, stillbirth and pregnancy termination.
- Material support - Baby bundles, maternity & nursery items