

HELP... I'M PREGNANT

and I'm not sure what to do

Where are you right now?

Imagine the line below represents all the mixture of facts and feelings you have at the moment. Where are you today? Mark an 'X' at that point on the line.

1 _____ 10

Positive I want to
have an abortion

Positive I want to
continue my pregnancy

Has the father been told?

If so, what has been his reaction?

If not, what are you expecting his reaction will be?

What about your parents response?

Are other people's feelings affecting your ability to make a decision about what *you* want to do?

- Yes
- No

How?

So, with all their reactions put aside, what are your thoughts about becoming a mother?

Positive

Negative

Are there any people, solutions or support available for you in any of your areas of concern?

1. _____
2. _____
3. _____
4. _____

...Possibly considering support in the areas of:

- **Studies** (deferred, correspondence or part-time, high schools allowing pregnant students)
- **Work** (temporary leave, maternity leave, childcare...)
- **Finances** (Centrelink allowances, baby bonus...)
- **Social** (Community support programs, sole parent groups, Mummylink..)
- **Parenting** (Own family, Parenting SA, support groups,...)

When working through the following options it is important to gain as much factual information as you can about each option.

Explore both the positive and the negative aspects of each, considering the possible mental, physical, emotional and spiritual effects on your life.

How will I feel about being a mother.....

NOW	9mths	2yrs	5yrs	Birth of another Child

How will I feel if my baby is adopted.....

NOW	9mths	2yrs	5yrs	Birth of another Child

How will I feel if I terminate my pregnancy?

NOW	9mths	2yrs	5yrs	Birth of another Child

After this important consideration: 'Am I being true to **my own** personal values?'....then....
Return to the Scale Line at the start, and see if the position of your 'X' has changed at all.

***Telephone and face-to-face counselling is available from this office to assist with your decision making or with working through this form on 8352 4044

We provide factual information about all your options to help you to make a well informed decision.