

# 3 day decision-making guide

Below is the 3 day decision-making guide. You may want to complete it on your own, or with a support person. We suggest you use the Guide over 3 days because doing so gives you time to consider and reflect. It will help you organise your thoughts, feelings and reasons about either continuing your pregnancy (to parent, adopt, or foster) or having a pregnancy termination. If at any time you feel overwhelmed, please take a break or let a trusted person know you'd like support.

## Day 1 – Considering a pregnancy termination

Write a list of the reasons why you would want to have a termination of pregnancy.

Do your best to include all of the emotional and practical reasons, even if they seem like small things. Try not to analyse, or problem-solve at this stage.

Write your list like this:

*I choose to have a termination because .....*

## Day 2 – Considering continuing the pregnancy

### 2.1 Continuing with pregnancy to parent

Write a list of reasons why you would want to continue with the pregnancy to parent.

Do your best to include all of the emotional and practical reasons, even if they seem like small things. Try not to analyse, or problem-solve at this stage.

Write your list like this:

*I choose to continue with my pregnancy **to parent** because .....*

### 2.2 Continuing with pregnancy to adopt or foster

*I choose to continue with my pregnancy **to adopt or foster** because .....*

## Day 3 – Comparing your options

Take out your three lists and read them over.

On a separate page, draw a very large triangle and split it into three parts so there is a top, middle and bottom. Now start to move your thoughts, feelings and reasons from the lists into the triangle. Start at the bottom and move up to the top.

Here's how you do it:

### Bottom section: Short-term impact

From all three lists, write down the thoughts, feelings or reasons that are short-term and can be problem solved. This is where you know you can receive support. Cross off each reason from your lists as you go.

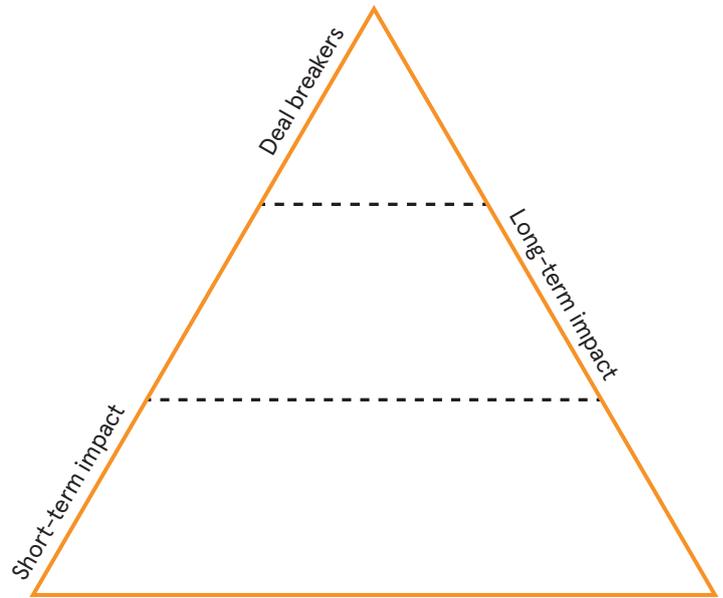
### Middle section: Long-term impact

From all three lists, write down the thoughts, feelings or reasons that would have a long-term impact on you and that you are not sure how to problem solve. Include reasons where you are not sure that you have support to move forward.

### Top section: Deal breakers

Write the top one or two thoughts feelings or reasons that are 'deal breakers' for you. These are the reasons that under no circumstances would you be able to do this or be able to get through this.

Now that you have listed and prioritised your thoughts, feelings and reasons you will start to see what your biggest consideration is. The next step is to complete a visualisation exercise.



## Visualisation exercise

Lie down and close your eyes. With the biggest consideration in mind, try to visualise what your average day would look like in 6 months, 1 year and 5 years from now.

Then try it again with any other opposing considerations in mind. Generally speaking, one future will feel more grounded and more possible/realistic than the other future options.

## More support

It's completely normal for you to feel sad or a bit anxious once you have made a decision. The most important thing is that you have been able to identify and prioritise your reasons for making your decision with the help of this guide.

We encourage you to call us on **1300 003 707** if you need more support. You can request counselling with one of our registered counsellors who specialise in women's health.