

..... **If you need further help**, you can talk to an advisor on our national freephone helpline:

CAREconfidential 0800 028 2228

The helpline will provide you with details of your nearest pregnancy counselling centre where you can talk with an advisor face to face confidentially.

If you have already seen an advisor, she would be happy to offer you ongoing support. Why not make another appointment?

Or visit our website:

www.careconfidential.com

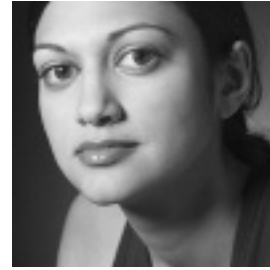
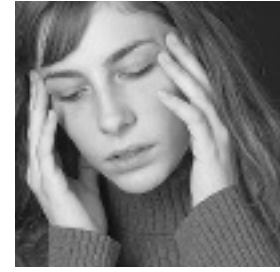


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Pregnant what now?



making a decision

Making a Decision ...

I think I'm pregnant.

First thing's first. If you haven't done a pregnancy test, you can have one done at your local pregnancy counselling centre, family planning clinic, or buy one from a chemist.

It's positive.

This may be a huge shock for you. You may be feeling very confused and worried if the pregnancy was unplanned.

When you're ready, this leaflet will help you make a decision for yourself.

The choice that lies ahead of you may be one of the most difficult you will ever have to make – so take your time to think things through.

Things are too difficult.

What makes being pregnant a hard thing to face right now?

It might be losing your job, losing your partner, or even your freedom? Maybe you feel too young and that you wouldn't be able to cope?

With every decision we make, there are gains and losses. This is true of the three options that face you – adoption, abortion and having a baby.

What will I gain if I choose?

Think about what you will gain with each of the options and write them down.

What will I lose if I choose?

Write a list of the things you might lose with each of the options.

These may include things like money, your home, your time, freedom, the baby itself. Or perhaps it's more about feeling secure and at peace with yourself. This is important too.

Check it out

Now check... is it really true that you will lose these things? Sometimes our fears are bigger than the reality.

It's also important to ask yourself, 'If I made a choice based on my situation as it is now, how will I feel when my situation changes?'

Deeper feelings

An unplanned pregnancy can make us panic. We want to take control of our lives and this can make us rush into decisions without thinking about our deeper feelings.

Ask yourself what your instinctive feelings are about caring for a child, about abortion and adoption. Think about how you would feel about having a baby, or an abortion or placing a baby for adoption before you found yourself pregnant. What made you feel that way?

What's important to you?

What do you believe is right or wrong? For example, you might believe that stealing is wrong, but recycling paper is a good thing. Think about the three options. Are they 'right' or 'wrong' in your eyes?

If we do something that we feel is instinctively wrong for us, we may feel negatively about it later. Do any of the options go against your feelings in this way?

Being honest with yourself.

We can listen to our deeper feelings or we can say they are not important and try to forget them. It's important to be honest with yourself before you make a decision, because the decision you make has to be one you feel you can live with.

Making your choice.

You've thought about what each option means for you. You've looked at the gains and the losses, and you've also checked whether you have any deeper feelings about the options facing you.

An important decision lies ahead, and you need to make sure you have all the information you need on all the three options. Don't rush your decision... take time to talk and think it through.