

# PREGNANCY DECISION WORKBOOK

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Making a decision about pregnancy can be difficult.

If you have mixed feelings and are not sure what you want to do, some of these exercises may be helpful to clarify your thoughts and feelings around pregnancy and decide among your three options: parenting, adoption, or abortion.

Complete as much or as little of this workbook as you need.

#### Decision making tips:

- Take your time.
- Make a safe space for yourself to think.
- Ask for help when you need it.

#### Do you need more information?

There may be things you need to know about each option before you decide.

If you are seeking support from a counselor, expect to feel listened to and be treated with respect. Expect accurate, nonjudgmental information about **all three options** so you can make an informed decision.

SHORE Centre is there to support you in making the best decision for you and to let you make up your own mind.

#### Remember:

This is your choice to make. You can decide what is right for you much better than anyone else, even someone who loves you.

*Be as strong as you can be and know that you have done your best.*

**COMPLETE THESE EXERCISES:**

Draw a picture or write about how your life would look in one year if you were to parent a child.

Draw a picture or write about how your life would look in one year if you were to have an abortion.

Draw a picture or write about how your life would look in one year if you were to place your child for adoption.

## WHAT ARE YOUR PLANS AND DREAMS?

What are two or three things that matter most to you in life right now?

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What are two or three things you hope to have or achieve in the next five or ten years?

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**In order to have or achieve those things,**

How would becoming a parent help?

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How would temporary foster care or adoption help?

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How would abortion help?

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**What would you lose or give up right now:**

If you become a parent?

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If you arrange for temporary foster care or adoption?

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If you have an abortion?

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**What would you lose or give up in the next five to ten years:**

If you become a parent?

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If you arrange for temporary foster care or adoption?

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If you have an abortion?

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**What would your finances be like:**

If you become a parent?

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If you arrange for temporary foster care or adoption?

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If you have an abortion?

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**How would other people who matter react (such as a partner, parents, or friends):**

If you become a parent?

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If you arrange for temporary foster care or adoption?

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If you have an abortion?

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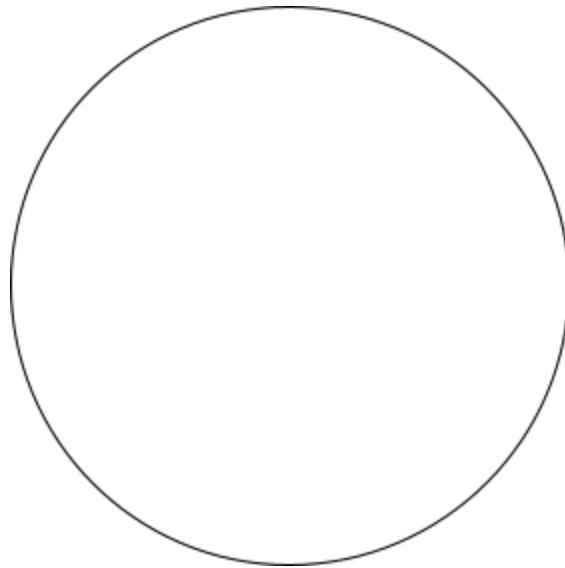
**DIVIDE THE CIRCLE INTO PIE PIECES:**

Making a decision can be difficult when we can't tell the difference between what we want and what other people want.

How big is the piece that represents what *you* want?

How big is the piece that represents what *others* want?

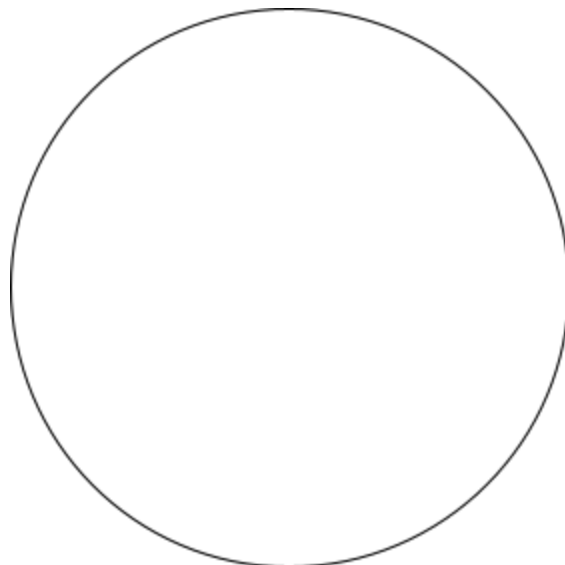
Put their names in their pieces of the pie.



**DIVIDE THE CIRCLE INTO PIE PIECES:**

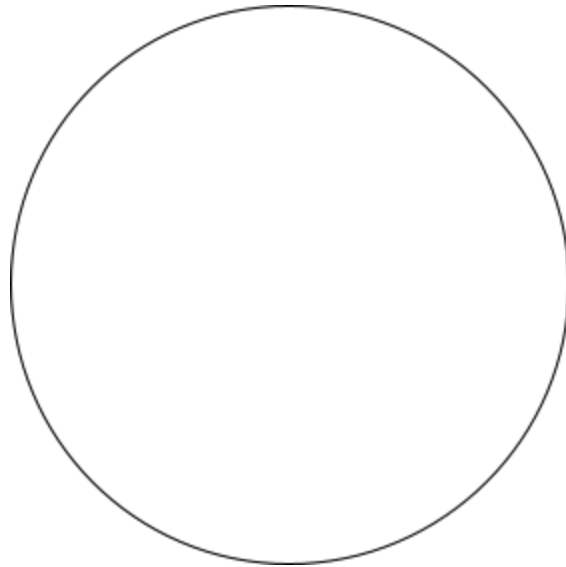
Show how big the pieces are for each of your feelings:

Some examples of emotions can be: happy, angry, scared, sad, ashamed, guilty, or any other feelings you can name.



**DIVIDE THE CIRCLE INTO PIE PIECES:**

Show how much of the circle represents you wanting an abortion, wanting to parent and wanting to place your child for adoption.



Think about the internal and external strengths, resources, and supports you have in your life. What are they? Make a list here.

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## THINKING ABOUT ABORTION

Why would you choose abortion?

Do you have any strong beliefs about abortion?

Is there anyone in your life pressuring you to consider having an abortion?

Do you know how abortions are performed and where they are available in your city?

Do you have supports to help you through this decision?

If you have an abortion, how do you think you will you feel emotionally afterwards?

How do you think you will feel physically afterwards?

Does abortion feel like something you **should** do, or something you **want** to do?



## THINKING ABOUT ADOPTION

Why would you choose adoption?

Is there anyone in your life pressuring you to consider adoption?

Do you know the difference between an open and closed adoption? Would you prefer one type over another?

How would you feel knowing your child was being raised by someone else?

Are you prepared to go through pregnancy and childbirth?

How do you feel about other people who place their children for adoption?

Does adoption feel like something you **should** do, or something you **want** to do?

## THINKING ABOUT PARENTING

Are you ready to be a parent right now?

Can you afford to be a parent right now?

Is there anyone in your life pressuring you to consider parenting?

Are you aware of any resources available in your community to assist you in parenting?

Do you have people in your life to help you through pregnancy and childbirth?

How would having a child at this time impact your education, job, or career goals?

Does parenting feel like something you **should** do, or something you **want** to do?

## SUMMING UP YOUR FEELINGS

The idea of becoming a parent makes me feel \_\_\_\_\_ because

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The idea of arranging an adoption makes me feel \_\_\_\_\_ because

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The idea of having an abortion makes me feel \_\_\_\_\_ because

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*This workbook is an adaptation of both the Routh Street Abortion Resolution Workbook and the NAF Unsure About Your Pregnancy Guide by Terry Beresford*

SHORE Centre honours sexuality, diversity, and choice and strives to provide updated, nonjudgmental, and inclusive resources. If you have any feedback about this workbook, please contact us using the information below.

Want to book a pregnancy options session? Book now at [shore.janeapp.com](http://shore.janeapp.com).

<p><b>SHORE CENTRE KITCHENER OFFICE</b></p>	<p><b>SHORE CENTRE CAMBRIDGE OFFICE</b></p>
<p>235 King Street East, Suite 130 Kitchener, Ontario N2G 4N5</p>	<p>54 Ainslie Street South Cambridge, Ontario N1R 3K3</p>
<p><b>Hours:</b> Monday to Friday 9:00 am - 4:00 pm</p>	<p><b>Hours:</b> Temporarily Closed due to COVID-19</p>
<p><b>Contact:</b> Phone: 519-743-9360 Email: <a href="mailto:optionsteam@shorecentre.ca">optionsteam@shorecentre.ca</a></p>	<p><b>Contact:</b> Phone: 226-505-0240 Email: <a href="mailto:optionsteam@shorecentre.ca">optionsteam@shorecentre.ca</a></p>
	<p><i>*Upstairs at the Cambridge Self Help Food Bank</i></p>