

# A GUIDE TO WALKING WITH SOMEONE FACING A PREGNANCY DECISION



## 1. VALUE THE INDIVIDUAL



- "How are you feeling about the pregnancy?"
- "What are your thoughts regarding what you should do?"
- "Is there anything causing you to feel pressured/distressed/overwhelmed?"

## 2. VALUES-BASED DECISION



- "If anything were possible what would you most like to do?"
- "How does each outcome (parenting, abortion, adoption) align with your values/what is most important to you?"
- "How do you think you would feel about the decision to parent/abort/place for adoption in 1, 5, or 10 years?"

## 3. IDENTIFY NEEDS



- "What are the needs/situations/challenges that are weighing on your decision the most?"
- "What people/resources/supports do you have in your life that could help to provide you with solutions?"
- "Would you like to do some research together to see if we can find solutions for your needs?"

## 4. MENTAL, EMOTIONAL, & PHYSICAL HEALTH



- "How are you doing mentally/emotionally/physically?"
- "How do you think an abortion/parenting/placing for adoption would impact you mentally/emotionally/physically?"
- "Have you talked to an OB/GYN who is aware of your medical history and needs?"

## 5. SCIENCE, MORALITY, & RELIGIOUS VALUES



- "Have you given consideration to pregnancy-related science, fetal development, etc., and how does that impact your thinking/decision-making process?"
- "How does each outcome (parenting, abortion, adoption) align with your moral and/or religious beliefs and convictions?"
- "Is your religious history/background/community causing you to feel pressured and/or isolated as you consider your options?"

## 6. OFFER YOUR OPINION



- Be mindful of your body language, tone of voice, and vocabulary.
- Share your opinion humbly and respectfully.
- Remember that whatever choice they make will impact them far more than it will impact you.