



UNDERSTANDING VOLUNTEERING PREGNANCY TERMINATION AND ITS IMPACT ON COUPLES

MAKING THE DECISION:

I thought I was making the right decision for my family, I had reservations about the decision but still thought it was best, I felt pressured making the decision, I had no idea she/he wasn't emotionally committed to the decision, I wasn't emotionally committed to the decision but I wanted to try to make it work, I was totally committed to the decision and still think it was best for our family

AFTER THE DECISION:

HER:

HOW I FEEL:

alone, abandoned, unimportant, unloveable, angry, longing for emotional attention
depressed, numbness, lack of feeling, sense of hopelessness and failure

MY BEHAVIORS:

Push,pull,slap,attack,criticize,complain,pressure,blowup, yell, provoke, try to get close and manage, Move away, shut down, get paralyzed, push the feeling away, hide out, space out, try to stay in my head, fix things.

HIM:

HOW I FEEL:

alone, abandoned, unimportant, unloveable, angry, longing for emotional attention
depressed, numbness, lack of feeling, sense of hopelessness and failure

MY BEHAVIORS:

Push,pull,slap,attack,criticize,complain,pressure,blowup, yell, provoke, try to get close and manage, Move away, shut down, get paralyzed, push the feeling away, hide out, space out, try to stay in my head, fix things.

WHAT I NEED TO HEAR FROM MY SPOUSE:

WRITE OUT A SHORT SENTENCE THAT YOU NEED TO HEAR FROM YOUR SPOUSE WHEN YOU ARE EXPERIENCING VPT SADNESS, ANGER OR INVALIDATION.

You can craft your own affirmation of what you are needing to hear from your spouse. Here are two examples but you can make your own.

“I know you must be feeling really inadequate and like a failure but we will get through this.”

“I can’t imagine how sad and overwhelmed you are. We lost our baby and this will take time. I am here, I’m not leaving.”

Say this sentence often to each other.