



## **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.**