

# CHOICES:

If being pregnant is a problem, you may feel alone, scared, guilty, angry or confused at a time when an important decision must be made.

Many women of all ages and backgrounds have had to make the difficult choice between parenthood, adoption, and abortion. Knowing yourself, being honest with yourself, and remaining true to your own standards will help you make the most responsible decision.

Take into consideration your feelings as well as facts when you consider how this pregnancy will affect your life situation now and in the future.

The choice is yours, but that doesn't mean you must be alone in making your decision. Seek out the people who will support you: your partner, family, friends, clergy or a professional counselor.

## Parenthood

May be considered if...

I believe I am ready to assume the responsibility of being a parent.

I can accept the physical and emotional aspects of pregnancy, delivery, and child care.

I have considered the feelings of my partner and my family.

I am willing to consider my child's needs for the next 18 years.

I will learn and practice parenting skills.

I have discussed my need for support with those who care about me: my partner, my family, or my friends.

I have considered the possibility that I may have to raise the child alone.

I can arrange the necessary finances for this child: medical care, food, clothing, housing, etc.

## Adoption

May be considered if...

I believe I should continue this pregnancy but cannot raise a child at this time.

I believe this child will have a chance for a better life in another family.

I am willing to get good medical care, go through labor, delivery and make adoption arrangements.

I have considered the feelings of my partner and my family.

I am willing to wait for another time to have a child to raise.

I can accept the possibility of never seeing this child again.

I realize there is a possibility this child may re-enter my life at a later time.

I am prepared to handle the emotional aspects of adoption.

## Abortion

May be considered if...

I believe I have the right to choose an abortion.

I am choosing abortion out of thoughtful consideration rather than panic or desperation.

I can make an early decision.

I have considered the feelings of my partner and my family.

I am willing to wait for another time to have a child to raise.

I can manage the finances for a legal abortion.

I am willing to make arrangements for the abortion and necessary aftercare.

I am prepared to handle the emotional aspects of abortion.