

A Guide

to Help You Decide

When you're uncertain
about your pregnancy



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Your choice our listening



Right to choose

Listening

Support

Information



Neutrality

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The pregnancy test is positive... Now what?

A positive pregnancy test can trigger a range of emotions: fear, sadness, anger, relief, joy, anguish, etc. It's not always easy to see clearly when our emotions overwhelm us, when our beliefs and values are shaken, and when the judgments of others unnerve us or when their opinions instill doubt.

The mission of Grossesse-Secours is centred on **FREE CHOICE**, or the right of all women and trans and non-binary individuals to choose if, and when, they want to have children. This choice entails three possible outcomes:

- **Continue with the pregnancy and become a parent**
- **Have an abortion**
- **Give the child up for adoption**

Keep in mind that all choices are equal; whatever you decide will be the right choice for you at this specific moment in your life.

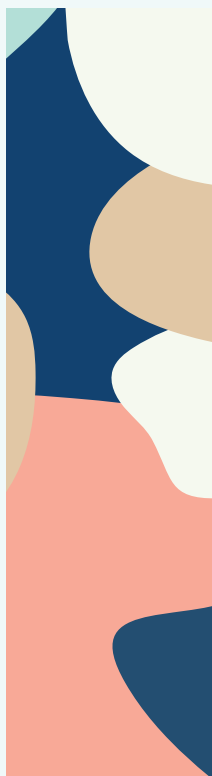
This guide has been designed to provide you with several **neutral areas to consider**, which may be helpful in making an informed decision. Five core aspects of your life are discussed to give you a better understanding of your situation from different angles.

The role of partners

The announcement of a pregnancy also elicits many emotions in your partner(s), who will have their own reactions. The **Social** section of this guide includes the main questions to raise with your partner(s). These questions are a good starting point for establishing a respectful dialogue.

Although the final decision as to the outcome of the pregnancy is completely up to you, it can be important to take the time to discuss the decision with your partner(s) and share your emotions, fears, plans, etc. with them. Listen to their concerns too.

If you don't have the support of a partner, you can complete the guide with the help of a support person if needed.





The emotional aspect

Your reactions, feelings and emotions.

What was your initial reaction when the pregnancy test indicated a positive result?

Before you learned you were pregnant, how did you feel about getting pregnant?

Now that you're pregnant, how do you feel about becoming a parent (again)?

Did you have plans for parenthood with your current partner(s)?

If so, what did these plans look like?

Think of the three possible pregnancy outcomes. For each one, write down your fears, worries, doubts and challenges.

Continue with the pregnancy:

Get an abortion:

Give up for adoption:

How can you overcome these challenges?

Have you faced a tough decision in the past? If so, what strategies helped you reach a decision?

The economic aspect

Your material and financial resources.

What would be the impact of having a child on your studies, job, housing, diet, spending habits, hobbies and personal projects? How might these impacts affect your decision?

What sources of income will you have to provide for the child's well-being?

Given the different impacts identified in the first question, how could you adjust your personal spending to meet a child's needs?

Are you covered by RAMQ or private health insurance? If not, do you know the costs associated with each possible outcome? Are you ready to cover these costs?

What resources (loved ones, organizations, government help) are available to you for financial, material, food or housing support?



Social aspect

Your relationship with your partner(s) and loved ones, plus the rules and norms of society.

How would you currently describe your relationship with your partner(s) and those close to you?

How do your partner(s) and loved ones support you in making your decision? Are there any issues created by opposing opinions?

How important is the opinion of your partner(s) and loved ones in your decision?

Think about the impact (for e.g., support, breakup, isolation, judgment, single parenting, etc.) that your decision may have on your relationship with your partner(s) and loved ones. Write down these impacts for each possible outcome.

Continue with the pregnancy:

Get an abortion:

Give up for adoption:

We sometimes feel pressure, either self-imposed or from others (loved ones or society). If this is the case, how does it manifest itself, and how do you manage it?

The health aspect

Your state of health, both physically and mentally, your genetic makeup and lifestyle habits.

How might your current physical and mental state affect the three possible outcomes (continue with the pregnancy, abortion or adoption)?

What hereditary illnesses are there in your family or in your partner's or partners' family that might influence your decision?

How much is your age a factor in your decision?

Pregnancy causes certain changes in the body (for e.g., weight gain, stretch marks, nausea, hormonal changes, etc.). What are your thoughts about these changes?

What lifestyle habits (for e.g., consuming drugs and alcohol, medication, sleep, work, diet, physical activity, etc.) would you be willing to change if you decided to continue with the pregnancy?



The moral aspect

Your personal and/or religious beliefs as well as cultural and social values.

What are your values and beliefs that shape your thinking and decisions? Describe how they influence your view of each possible outcome.

Continue with the pregnancy:

Get an abortion:

Give up for adoption:

Which outcome aligns the best with your personal and religious beliefs as well as with your cultural and social values?



Taking care of yourself after completing this exploratory exercise

This exercise may have stirred up any number of emotions and thoughts. You may have even realized certain things. It's very possible that you're still unsure about what to do, and that's perfectly okay. You can do the exercise again at any time, alone or with your partner(s). In the meantime, we'd like to suggest a few things you can do to take care of yourself after doing this exercise, or at any time if you remain uncertain about your pregnancy.

1. Pay attention to yourself

Head → Thoughts and ideas (I think...)

Heart → Emotions, motivation and mood (I feel...)

Body → Objectives and actions (I'm living...)

2. Practise self-compassion

Repeat the following statements to yourself:

- > I have the right to be gentle with myself.
- > I can take the time I need to decide.
- > It's okay to experience different emotions/feelings right now.
- > I'm the expert on my life. It's my body, my choice.
- > I'm strong. Whatever my decision, it will be the right one for me at this point in my life.

3. 3. Create a well-being ritual

- > Think about what uplifts you (for e.g., a passion, sport, leisure activity, etc.) and be sure to incorporate it into your day.
- > Create a space/time to address your uncertainty, then create another space/time to relax.
- > Know what resources and/or people are there for you on days you don't feel so great.

Other resources

SOS Grossesse (Quebec)

418 682-6222 • 1 877 662-9666

SOS Grossesse (Estrie)

819 822-1181 • 1 877 822-1181

Tel-jeunes

1 800 263-2266

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