

Making a decision...

Talk to someone

Talking with someone who isn't involved emotionally with your situation, in a safe and caring environment, can help you look at all the information and your deeper feelings, provide you with support you need and enable you to come to the right decision.

Further help is available for you:

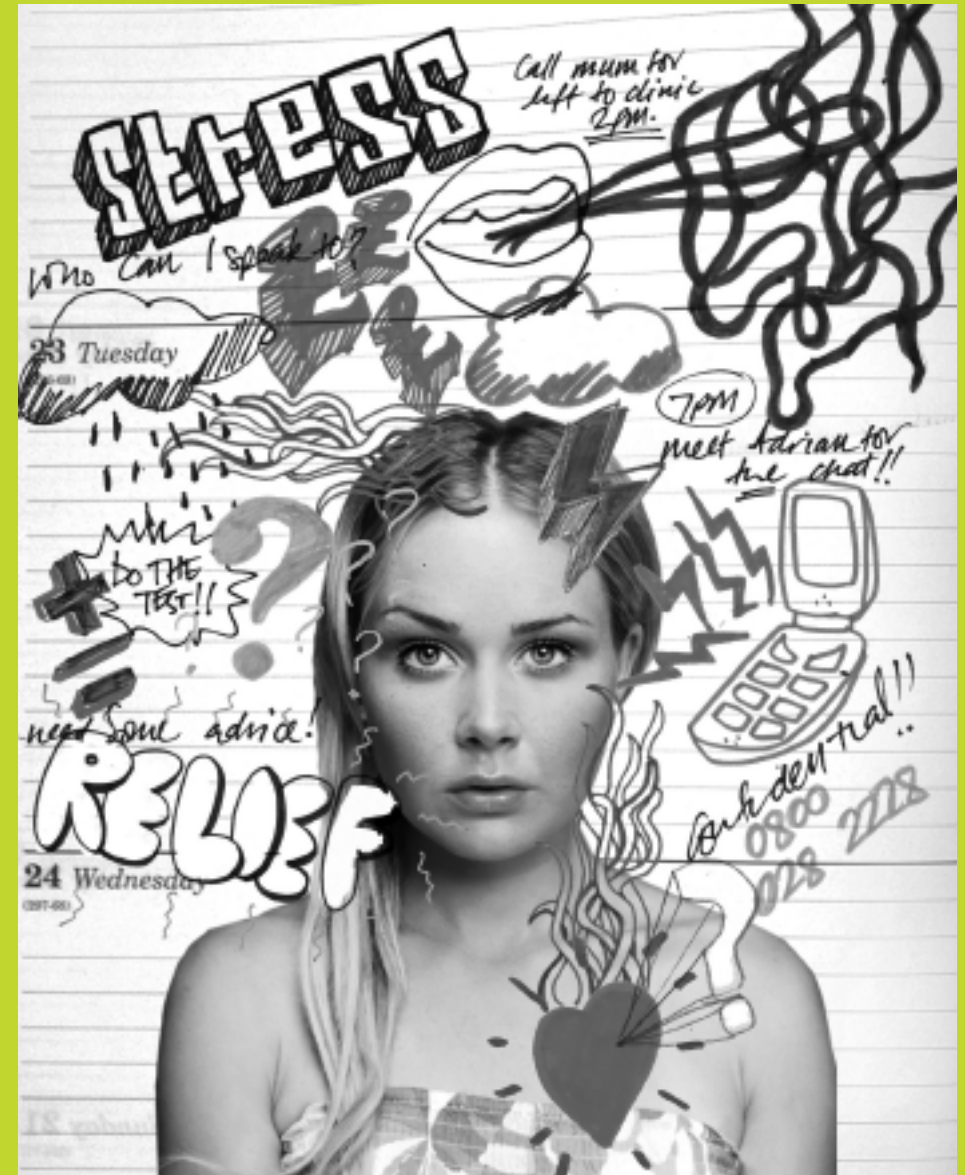
- You can ring our national free-phone helpline to speak to a fully trained advisor immediately: **CareConfidential 0800 028 2228**
- You can be put in touch with your nearest pregnancy centre where you can speak to an advisor face to face.
- You can go online to careconfidential.com and be in touch with someone confidentially using Online Advisor.
www.careconfidential.com

If you have already seen an advisor, she would be happy to offer you ongoing support. Why not make another appointment?

If you need a larger print version of this leaflet please contact CareConfidential



CareConfidential is a department of CARE
(Registered Charity No. 1066963 and a company limited by
guarantee No. 3481417; Scottish Charity No. SC038911)
© CARE, all rights reserved 09/08
Product code: L058



I did the test and
I'm pregnant.
What now?



Making a decision...

I think I'm pregnant

If you haven't done a pregnancy test, you can buy one at a chemist, have a free test at your local pregnancy centre or possibly an NHS walk-in centre.

It's positive

This may be a huge shock for you. You may be confused and worried if the pregnancy was unplanned. You may feel you face a situation that has no easy answers. Although you may be under pressure to make a decision quickly, it's helpful if you can give yourself time. The choice ahead may be one of the most difficult you will ever have to make. This leaflet is designed to help you as you look at the options and make your decision.

Things are too difficult

What makes being pregnant a difficult thing for you right now?

Perhaps you are worried that you will lose your job, or your partner or your freedom. Maybe you feel too young or you couldn't cope.

Making your choice

Whether you feel it or not, you do have a choice about your future. Make sure that you have all the information you need on all three options. Don't rush your decision...take time to talk it all through.

Sometimes it's hard to make choices because choices always involve both gains and losses. There are gains and losses involved with each of the options open to you – adoption, abortion and keeping the baby.

What will I gain and lose if I choose?

First of all, you could think about what you would gain with each of the options and write them down. Then you could also write down what you feel you would lose with each of the options. These may include practical things like money, time, freedom, job and the baby itself, but also other things like self-respect, feeling at peace with yourself or feeling secure.

Remember that the best choice isn't always the one with the most number of gains or the least number of losses. It's more to do with considering how important those gains and losses are.

Now check it out

Now check...is it really true that you will lose the things you have listed? Sometimes our fears are bigger than the reality.

Remember that life situations can change. Perhaps you could ask yourself, 'If I make a choice based on my situation as it is now, how will I feel when my circumstances change?'

Deeper feelings

An unplanned pregnancy can make us panic. We want to take control of our lives again – this can make us rush into decisions without thinking about our deeper feelings: our instinct, conscience and beliefs.

Ask yourself: 'What are my instinctive feelings...'

- About being a mother?
- About having an abortion?
- About making an adoption plan for my baby?'

It might be helpful to think about how you felt about each of these options before you found yourself pregnant. What made you feel that way?

What's important to you?

Think about the three options. Are any of them instinctively right or wrong to you? Sometimes the best decision is not the one that makes you feel happy in the short term, but the one that will bring you peace with yourself in the long term. If we do something that we feel is instinctively wrong, it may solve our problems in the short term but we may later regret the choice we made. Do any of the options go against your deeper feelings: your beliefs, your conscience or your instinct in this way?

We can listen to our deeper feelings or we can try to push them down, but they don't go away. Even if they are unacknowledged, these deeper feelings can still affect us. The best decisions are made when every aspect is taken into account.