Deciding whether or not to continue a pregnancy is one of the most difficult decisions you will ever make. Below are some steps to help you through this difficult and confusing time.

**Clarify the decision that needs to be made:**

The decision I am facing is:

______________________________
______________________________

**Date I need to make this decision by:**

______________________________

**Decide who should be involved in making this decision** (it's usually best to only consider the opinion of those who matter to you. Hearing too many opinions can confuse and overwhelm you)

The decision makers are (check all that apply):

- Myself
- Myself and my partner
- Close family members
- Close friends
- My clergy / pastor / rabbi
- Others

**Weigh your options:**

- List all the options you are considering in the table below
- List the pros and cons of each option and underline those that are most likely to happen
- Rate the importance of each pro and con by placing a star (*) to five stars (*****)) beside each item (more stars show more importance)

<table>
<thead>
<tr>
<th>Options</th>
<th>Pros Reasons to consider this option</th>
<th>Personal importance Add * to *****</th>
<th>Cons Reasons to not chose this option</th>
<th>Personal importance Add * to *****</th>
</tr>
</thead>
<tbody>
<tr>
<td>Option #1:</td>
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<tr>
<td>Option #2:</td>
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<td>Option #3:</td>
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<td>Option #4:</td>
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</tbody>
</table>

Circle the option with the pros that are most important to you & is most likely to happen.
Plan the next step—think about all the things that make the decision difficult to make and come up things you can try to get past these obstacles.

<table>
<thead>
<tr>
<th>Things that make the decision difficult to make</th>
<th>Things I am willing to try</th>
</tr>
</thead>
</table>
| I don't have enough information about my options | • List of my questions:  
• How will I find this information (for example: health care providers, library, internet): |
| I am not sure which pros and cons are most important to me | • Talk to your genetic counselor and read about others who faced this decision  
• Review stars in the decision table to see what matters to you |
| I don't have enough support | • List the practical help you still need  
• Find out what help is available to support your decision (funds, childcare, transportation, etc.)  
• Get advise from a professional you feel comfortable with  
• Choose a trusted friend who will help you work through the decision |
| I feel pressure from others to make a specific decision | • Focus on the opinion of people who matter most to you  
• Find a neutral person to help you find solutions to dis-agreements |
| There are other factors that make the decision difficult | • List anything else you may need to help you:  
_________________  
_________________  
_________________  
_________________ |

• Now, review all you have written to see if you are clearer about one decision versus the other  
• Put away this worksheet and read it again in a couple of hours or a day to get more clarification

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