

Getting to Know You – Week 1

This is our first exercise in journaling – its purpose is two-fold. First to help your new ‘friend’ get an idea of how infertility has been affecting you, and secondly, to encourage you to get your feelings down on paper – something you may have not done before with this topic. Only share what you feel comfortable sharing, the beauty of this program and the friendship aspect, is that more can always be shared as your bond grows. You may find that this exercise opens a ‘flood gate’ of words, if you do not feel like sharing every detail of your struggle with your new friend quite yet - we encourage you to continue your journaling away from this form and into the journal that we have provided. This will also serve as a starting point for how you are feeling now, and something that you can look back on at the completion of the program to gain a sense of the changes that you may have undergone. When you are done, email this to your friend along with anything else you’d like to include. **Be sure that you have contacted the coordinator to set up a meeting date for you and your friend (unless you have other arrangements due to distance).**

1. List the top 10 adjectives that you think your closest friends and family would use to describe you.
2. Give an overview of where you are in treatment, and how long you’ve been trying to conceive.
3. What is the one feeling that you are experiencing most often right now? This can be a positive or negative feeling. Feel free to expand to your other feelings as well.
4. How are your family and friends playing into how you are feeling?
5. How is your spouse (if applicable) playing into how you are feeling?
6. What is one thing you want to let your new friend know?
7. List 3 things you are thankful for each day. Feel free to do this daily, changing your list daily.