Therapy For Everyone
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# Worksheet: The Fertility Self-Care Compass

*Provided by Diana Clement, Licensed Mental Health Professional*

**The Goal:** To protect your emotional energy and maintain a sense of control over your environment while navigating the ups and downs of infertility.

## Section 1: Identifying Your "Red Zones" (Triggers)

Which of the following social or emotional situations currently drain your energy the most? *(Check all that apply)*

- ☐ **Social Media** — *Seeing pregnancy announcements or "milestone" photos.*
- ☐ **Family Gatherings** — *Unsolicited advice or questions about "when you're having a baby."*
- ☐ **Medical Appointments** — *The anxiety of the waiting room or the stress of specific procedures.*
- ☐ **Friend Groups** — *Feeling like the "odd one out" in groups where everyone is a parent.*
- ☐ **Relationship Stress** — *Feeling like every conversation with your partner is about a cycle or a doctor.*

## Section 2: Setting Your "Safe Zone" Boundaries

Based on your triggers above, what boundaries will you put in place this month?

☐ **Social Boundary** *(e.g., "I will take a break from Instagram" or "I will skip the upcoming baby shower.")*

☐ **Communication Boundary** *(e.g., "We will set a 20-minute timer for 'baby talk' each night, then focus on other things.")*

☐ **The "No-Go" List** *(One question or topic I am officially allowed to decline answering from family.)*

## Section 3: Restorative Actions

What is one activity that makes you feel like "yourself" again, unrelated to your fertility journey?