



All Options Reflection Questions

Think you might be pregnant?

The first step is confirming your pregnancy. You can do this by taking an at-home pregnancy test or visiting your healthcare provider or a local clinic.

How are you feeling about it?

Finding out you're unexpectedly pregnant can bring up many different emotions—shock, fear, excitement, grief, relief, uncertainty, or a combination of all of these.

As adoption professionals, we're here to answer questions about adoption. We also encourage you to seek support from people you trust, such as a friend, family member, therapist, or healthcare provider. Websites like Psychology Today allow you to search for providers specializing in pregnancy, prenatal, and postpartum mental health.

Use the space below to process how you are feeling. It can be words, a drawing, or whatever feels most appropriate for where you are at. You can write, draw, doodle--whatever feels best!

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Parenting Reflection Questions

These questions are meant to help you reflect on parenting

- *How do you feel about raising a child at this point in your life?*
- *What excites you about parenting? What feels overwhelming?*
- *What parts of your life might change if you became a parent?*
- *Have you ever cared for a child? What did you learn from those experiences?*
- *What strengths do you bring to parenting?*
- *What concerns do you have about parenting right now?*
- *Who could provide emotional, practical, or financial support?*
- *If you work or attend school, what supports might you need to continue doing so?*
- *How does your partner or the child's other parent feel about parenting?*
- *Giving birth can require time for physical and emotional recovery. What support and additional information would you need to feel best prepared for your recovery?*
- *If you want to raise your child, but feel under-resourced there may be community resources available to you. What resources or support would help make that feel more realistic?*
- *Is there any reason the state might deem you temporarily unfit to parent? This may result in Child Protective Services involvement with the goal of reunification. What additional information do you need about state intervention in parenting?*

Need resources? Visit our Resource Page or dial 211 to learn about housing, childcare, food assistance, healthcare, and other community supports.

Adoption Reflection Questions

These questions are meant to help you reflect on Adoption

- *How do you feel about adoption?*
- *Think about your current goals and things you look forward to. How might making an adoption plan contribute to these goals?*
- *What concerns or questions do you have about adoption?*
- *How do you feel about pregnancy and giving birth?*
- *How do you feel about the different types of adoption?*
- *What type of relationship, if any, would you want with your child and the adoptive family after placement?*
- *What characteristics, values & beliefs would you like in an adoptive family?*
- *How do you feel about adoption being a permanent legal decision?*
- *How does your partner or the child's other parent feel about adoption?*
- *What support would you need during your pregnancy and postpartum if you chose adoption?*
- *Placing your child with an adoptive family can bring up a lot of feelings and emotions. What support would you need emotionally before, during, and after placement?*
- *Giving birth can also require time for physical recovery. What support and additional information would you need to feel best prepared for your physical recovery?*

You don't have to figure everything out on your own. An advocate can answer questions about different types of adoption, choosing an adoptive family, your legal rights, and what to expect throughout the adoption process.

Abortion Reflection Questions

These questions are meant to help you reflect on Abortion

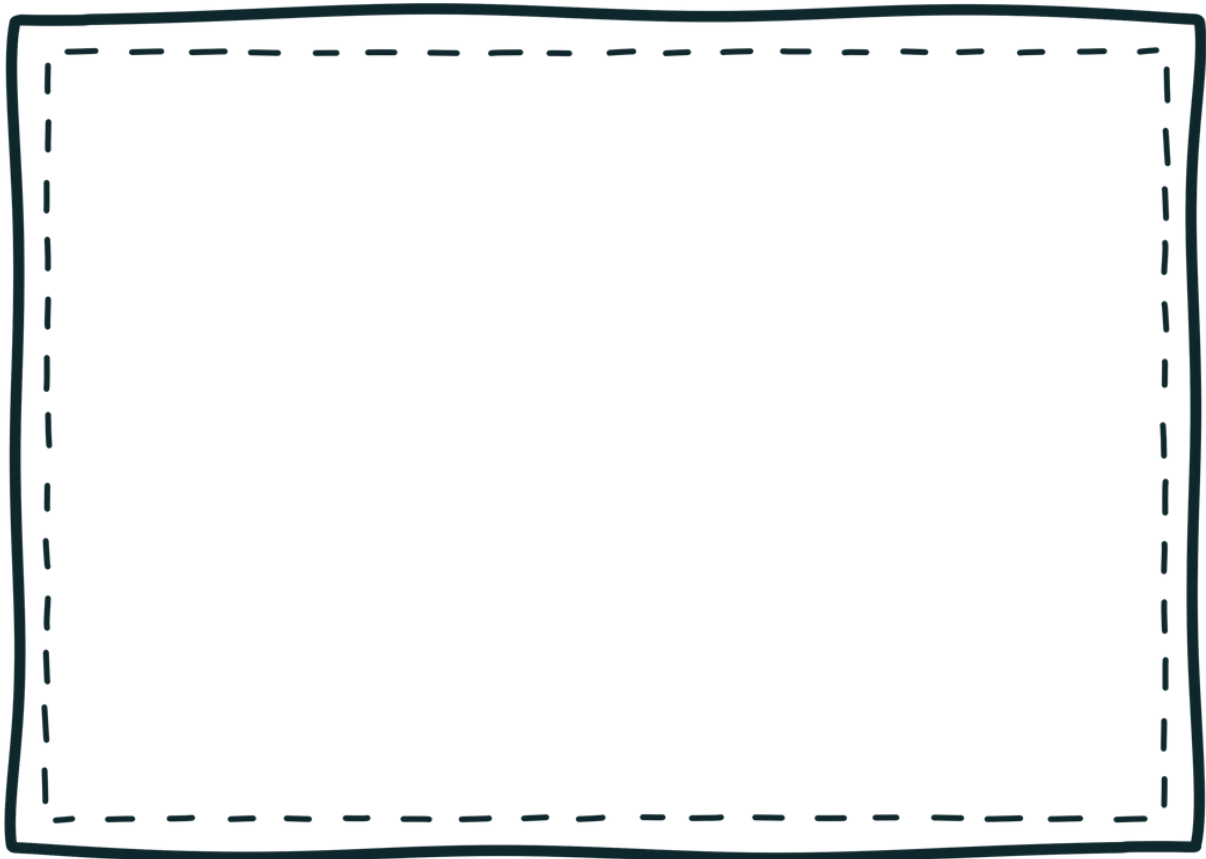
- *How do you feel about abortion?*
- *Is there anything that makes accessing abortion care feel difficult or uncertain (cost, transportation, legal restrictions, childcare, time off work, support, etc.)?*
- *Think about your current goals and things you look forward to. How might getting an abortion impact those?*
- *What additional information or support would help you feel confident in your decision?*
- *How do you feel about pregnancy and giving birth versus termination?*
- *Getting an abortion can bring up a lot of feelings and emotions. What support would you need emotionally before, during and after your termination?*
- *Do you know about the different methods of abortion and when they are available based on your gestational age?*
- *Getting an abortion can also require time for physical recovery. What support and additional information would you need to feel best prepared for post-termination?*
- *Do you know about your state's legal restrictions on abortion?*

Choice Adoptions staff are not medical professionals, rather social workers, advocates, and adoption professionals. If you are seeking an abortion or need any other form of medical attention, please contact your medical provider or consider these resources

You're not expected to have your answers right away, and you might change your mind throughout the process... that's okay.

Feel free to revisit these questions as much as you need. Birth Parent Advocates at Choice Adoption are here to chat with you and answer any questions you might have, just give us a call or text at (503) 550-931.

Use the space below to detail any additional questions, thoughts, or feelings that might be coming up.

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Found these questions helpful? We have a lot of people to thank for the previous work they've done in the all-options counseling space! Inspiration was drawn from the following:

- Johnston, P. (n.d.). Pregnancy options workbook. [PregnancyOptions.info](https://www.pregnancyoptions.info/). <https://www.pregnancyoptions.info/>