

HOLISTIC FERTILITY®

MY FERTILITY JOURNEY

A personal map of my Body, Mind and Emotion

Trying for a child can, almost without you noticing, begin to take up far more space in your life than you would like.

This tool was created to help you step back and see the whole picture: your everyday life, your body, sleep and nutrition, stress and fears, the important relationships in your life, what you have been through and what you need today.

There are no right or wrong answers. Answer only what you feel comfortable answering. These questions do not look for a “psychological cause” of fertility difficulties and they are not a diagnosis.

1. WHERE I AM TODAY

Begin with what feels true for you right now.

If I had to describe what I am going through today in one sentence, I would say:

What is hardest for me right now is:

What I need most at this moment is:

How much space does trying for a child take up in my life today?

0 1 2 3 4 5 6 7 8 9 10
very little *almost everything*

2. MY BODY & EVERYDAY LIFE

Sleep, nutrition, pace of life and my relationship with my body.

Sleep

- | | |
|--|---|
| ☐ I sleep well | ☐ I find it difficult to fall asleep |
| ☐ I wake during the night | ☐ My mind does not switch off |
| ☐ I wake up tired | |

Nutrition

- | | |
|--|---|
| ☐ I eat relatively regularly | ☐ I often skip meals |
| ☐ I eat more when I am stressed | ☐ I lose my appetite when I am stressed |
| ☐ I have many rules around food | ☐ Trying to conceive has significantly changed the way I eat |

Pace of life

- | | |
|---|---|
| ☐ I have time to rest | ☐ I find it difficult to slow down |
| ☐ I have many work responsibilities | ☐ I am constantly looking after other people |
| ☐ I struggle to make time for myself | |

If my body could ask me for one thing right now, it would be:

3. STRESS, FEAR & INNER PRESSURE

What is weighing most heavily on your mind and emotions?

What puts the most pressure on me today?

- | | |
|---|--|
| ☐ Time / age | ☐ The possibility of another disappointment |
| ☐ Uncertainty | ☐ Fear that I will not have a child |
| ☐ Pregnancy | ☐ Giving birth |
| ☐ Pain / blood / procedures | ☐ Finances |
| ☐ Work | ☐ My relationship |
| ☐ Social or family pressure | ☐ Comparing myself with other women |
| ☐ General anxiety beyond fertility | ☐ Something else: _____ |

Do any of these thoughts live inside me?

- | | |
|--|---|
| ☐ "What if I cannot do this?" | ☐ "Something is wrong with my body." |
| ☐ "I do not know if I will be a good mother." | ☐ "Maybe I am not meant to be a mother." |
| ☐ "I should have started earlier." | ☐ "Why everyone else and not me?" |
| ☐ "I have to make this happen." | ☐ "I cannot let go of control." |

The thought I would most like to stop following me is:

4. THE RELATIONSHIPS THAT SHAPED ME

Family, roles, siblings and the person I learned I was expected to be.

My relationship with my mother:

- | | |
|--|---|
| ☐ Very close | ☐ Good |
| ☐ Difficult | ☐ Conflictual |
| ☐ Distant | ☐ Very demanding |
| ☐ It is complicated | |

My relationship with my father:

- | | |
|--|---|
| ☐ Very close | ☐ Good |
| ☐ Difficult | ☐ Conflictual |
| ☐ Distant | ☐ Very demanding |
| ☐ It is complicated | |

Growing up, I often felt I had to be:

- | | |
|---|--|
| ☐ The good daughter | ☐ The strong one |
| ☐ The responsible one | ☐ The successful one |
| ☐ The one who takes care of everyone | ☐ The one who does not cause problems |
| ☐ "Tough" or "like a boy" | ☐ The one who has to prove her worth |

My siblings and my place in the family:

Is there anything from the family I grew up in that I fear repeating in my own?

How do I feel today about femininity, my identity as a woman and my body?

5. RELATIONSHIP, INTIMACY & MOTHERHOOD

Trying for a child can affect more than we sometimes realise.

Today, I feel that my partner:

- | | |
|--|---|
| ☐ Understands me | ☐ Supports me |
| ☐ Wants to help but does not know how | ☐ Is anxious too |
| ☐ Avoids the conversation | ☐ Experiences this differently from me |
| ☐ I feel I carry most of the burden | ☐ Not applicable to me |

Trying to conceive has affected:

- | | |
|--|---|
| ☐ Our communication | ☐ Our sex life |
| ☐ Desire | ☐ Intimacy |
| ☐ Spontaneity | ☐ It has not significantly affected our relationship |

Sex feels more like:

- | | |
|--|---|
| ☐ Connection | ☐ Pleasure |
| ☐ An obligation | ☐ Scheduling |
| ☐ Pressure | ☐ A mixture of these |

When I imagine myself as a mother, the first thing I feel is:

What excites me most about motherhood is:

What frightens me most about motherhood is:

Is there a previous relationship or person from my past that I feel still affects me?

6. WHAT I CARRY FROM THE PAST

Optional section - you do not need to provide details.

- | | |
|--|---|
| ☐ Miscarriage / pregnancy loss | ☐ Pregnancy termination / abortion |
| ☐ A difficult separation | ☐ Betrayal / abandonment |
| ☐ Loss of someone important | ☐ A difficult family period |
| ☐ Abuse or an experience in which I did not feel safe | ☐ A sexual experience that did not feel safe or wanted |
| ☐ A previous relationship that still affects me | ☐ Serious financial insecurity |
| ☐ Another difficult experience | ☐ I prefer not to answer |

Is there anything from the past that I feel has not yet fully settled within me?

7. WHAT SUPPORTS ME

The picture is not only what is difficult. It is also what holds you up.

- | | |
|--|---|
| ☐ Sleep | ☐ Movement / exercise |
| ☐ Nature | ☐ Music |
| ☐ Friends | ☐ My partner |
| ☐ Time alone | ☐ Breathing / relaxation |
| ☐ Creative activity | ☐ Travel / change of environment |
| ☐ Spirituality / prayer | ☐ Something else: _____ |

Something that gives me joy and has nothing to do with fertility is:

The person with whom I can truly be myself is:

Something I know helps me calm down when I feel overwhelmed is:

8. MY PERSONAL MAP

After completing this, what can I see more clearly?

The 3 things weighing on me most

1. _____
2. _____
3. _____

The 3 things supporting me most

1. _____
2. _____
3. _____

What needs my attention most right now is:

One small thing I can do for myself this week is:

If I knew with certainty that everything would be all right, what would I allow myself to do differently today?

FERTILITY IS NOT YOUR WHOLE LIFE

Your answers are not a diagnosis and they do not show that any thought, relationship, fear or experience causes fertility difficulties. They are a personal map - an opportunity to see more clearly where you are within everything you are going through.

Behind the goal is something equally deserving of your care: You.

Holistic Fertility® | Body · Mind · Emotion