



Considering your Unexpected Pregnancy Options

Thinking Things Through: A Worksheet






What are my thoughts, feelings, and values about...

Being Pregnant

Parenting

Termination

Adoption

 <p>Thinking & Practical Considerations</p>				
 <p>Feelings & Needs</p>				
 <p>Values & Beliefs</p>				

Weighing it all up - The positive aspects



Now

1 year from now

5 years from now

In general

	Now	1 year from now	5 years from now	In general
Parenting				
Termination				
Adoption				

Weighing it all up - The challenging aspects



Now

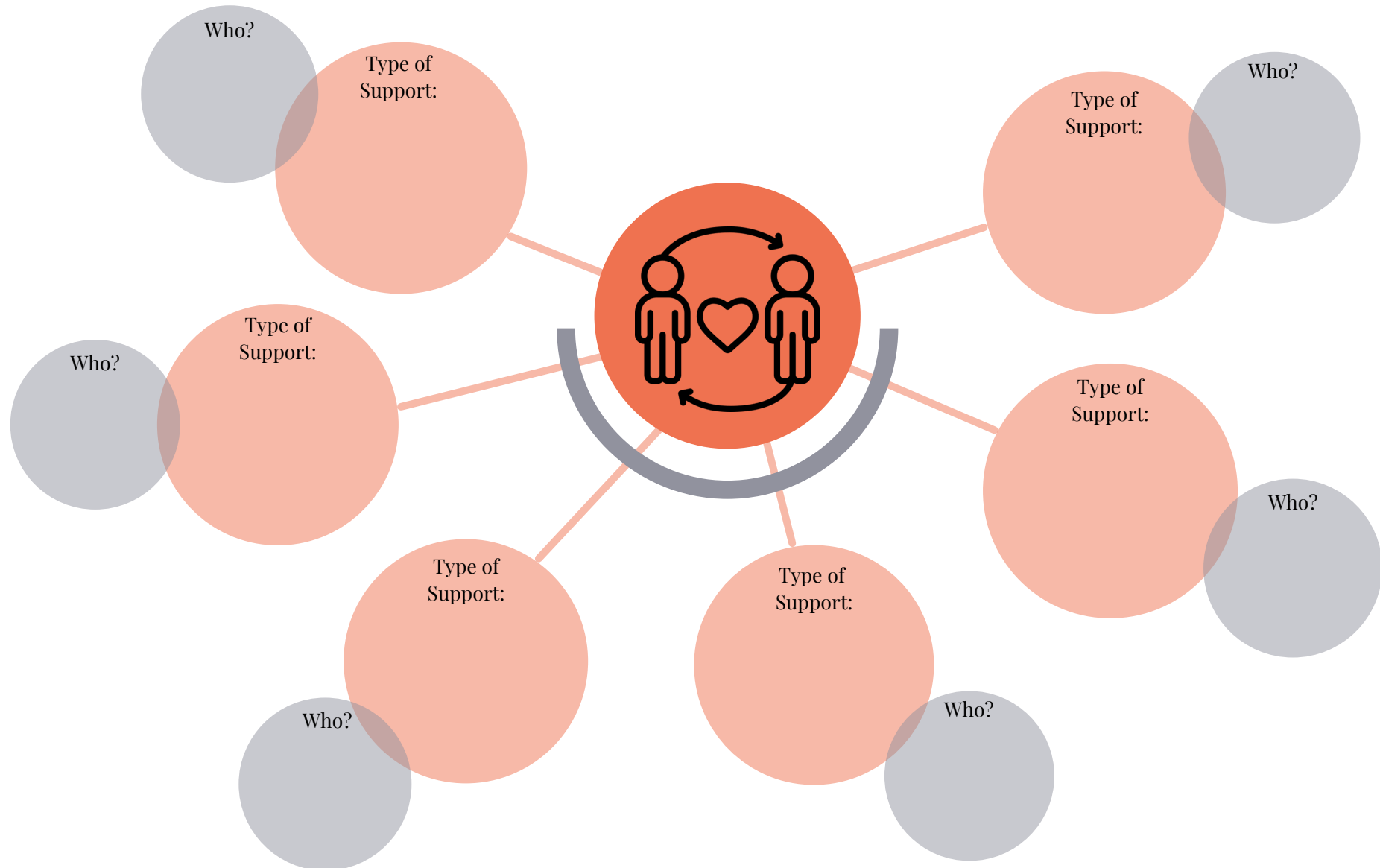
1 year from now

5 years from now

In general

	Now	1 year from now	5 years from now	In general
Parenting				
Termination				
Adoption				

Seeking Information and Support



Seeking Information and Support



You do not need to do this alone.

If you would like to talk through your options and concerns with someone who will listen without telling you what to do about your unexpected pregnancy, or perhaps you would like to find out more specific information about parenting, termination, or adoption? What ever it is right now you need, we have trained counsellors who will patiently be with you until you are ready to make your next decision.

Our counselling and mentoring services are **free** and **confidential**.
Make your booking [HERE](#).



Free Helpline: 1800 090 777

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