



INFERTILITY

Room for the wait.

You do not owe anyone optimism or an update.

For adults facing infertility or fertility treatment. No assumptions about gender, partners, treatment choices, or outcomes. Choose one prompt; skip the rest if needed.

01 Name what is heavy today.

A wait, a decision, a cost, an appointment, a question, or something else. You do not need to explain the whole story.

02 Choose a boundary that protects some space.

Example: "I will share news when I am ready. Please do not ask for updates." What words fit you?

03 Make one specific support request.

Practical help, quiet company, a ride, or someone who can listen without advice. Who might be able to offer it?

ROOM FOR SOMETHING ELSE

One part of my life I want to make space for today, without forcing a distraction:



INFERTILITY

More than a waiting room.

Your life is allowed to hold more than one feeling.

This page is for emotional reflection, not medical decisions. Discuss treatment questions with your fertility care team. A fertility-informed counselor can help you explore support.

01 What am I carrying that others may not see?

Name the emotional or practical load without comparing it to someone else's experience.

02 What do I want people to understand?

What response helps? What well-meant comment would I prefer they leave out?

03 What choice is mine today?

A boundary, a support request, a moment of rest, or deciding not to make another decision yet.

A QUESTION TO BRING

One emotional support or treatment question for a professional:

Further reading: ASRM: Infertility Counseling and Support

[Open the resource online \(click here\)](#)