



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 \(click here\)](#)



PREGNANCY LOSS

No right words required.

Use the words that fit your experience of loss.

For pregnancy loss, including miscarriage or stillbirth. No details about the event are required. You can acknowledge this loss privately, with others, or not on this page.

01 What kind of support would help today?

A meal, help with errands, space, company, or someone to handle updates. Different people may need different things.

02 What do I want shared, and with whom?

Choose any privacy boundary. Example: "Please do not share this news without asking me first."

03 Plan for one difficult moment.

An appointment, due date, announcement, or gathering. What option, exit plan, or support person might help?

MY SUPPORT REQUEST

Today, it would help if someone could...



PREGNANCY LOSS

A place for what matters.

No lesson, silver lining, or timeline needed.

Skip any prompt that hurts more than it helps. You do not have to find meaning, forgive anyone, or decide about another pregnancy. Physical recovery questions belong with your medical team.

01 What I wish someone understood is...

You may write about feelings, hopes, silence, or the practical demands of the day.

02 What I want acknowledged, in my own words...

A loss, a hope, a name, an imagined future, or simply how hard this is.

03 What would make the next day a little more supported?

A boundary, a caring person, practical help, or professional support.

PERMISSION FOR TODAY

One expectation I can set aside for now:

Further reading: NICHD: Pregnancy Loss Resources

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



INFANT LOSS

A place for your love.

Remembering is optional. So is explaining.

For parents, caregivers, and loved ones grieving a baby. No retelling of the death is needed. Different forms of remembrance, including no activity at all, are welcome.

01 Choose whether remembrance fits today.

A name, a private note, an object, a quiet moment, or choosing not to do this. What feels manageable?

02 Decide what support looks like.

Who can help with meals, paperwork, other children, or a difficult conversation? Ask for one specific thing.

03 Protect one boundary.

What questions, advice, or situations are too much right now? What words or exit plan could help?

ONE PERSON TO REACH FOR

Someone who can offer presence or practical support, and what I might ask:



INFANT LOSS

Love, without a deadline.

A page you can leave blank and return to later.

You do not need to create memories, be strong for others, or grieve in the same way as a partner or family member. Stop if writing becomes overwhelming; choose support instead.

01 Something about my baby or our hopes I want held...

Use a name if you wish. Memories, hopes, or a simple sentence are enough.

02 What I need more of, and less of, right now...

Consider company, privacy, practical help, advice, or expectations.

03 A sentence I might say to someone who wants to help...

Example: "Please stay with me without trying to make this better."

CARE FOR THE NEXT FEW HOURS

One basic need I can ask someone to help me meet:

Further reading: NICHD: Grief and Infant Loss Resources

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



GRIEF

No finish line.

There is no worksheet score for missing someone.

For adults grieving a death or another meaningful loss. You do not need to follow stages, disclose details, or turn pain into a lesson. Try only what fits today.

01 Name what is difficult right now.

A feeling, reminder, practical demand, change in routine, or something that is hard to name.

02 Make a small support map.

Who can listen? Who can help with a task? Who offers professional or community support? One name is enough.

03 Plan for a meaningful date or difficult moment.

What would you like to keep, change, decline, or leave undecided? Who could help you carry out that choice?

ONE SUPPORTIVE CHOICE

A manageable act of care or connection for today:



GRIEF

Room for mixed feelings.

You can miss, resent, remember, feel numb, or not know.

Use your own language for the person or loss. If distress or changes in functioning feel hard to manage, consider support from a qualified professional.

01 What feels different in my life now?

Name one change, without trying to solve every part of it.

02 What do I want to remember, release, or leave undecided?

None of these choices is required. A complicated relationship can remain complicated.

03 What kind of company would feel helpful?

Someone to talk with, sit beside, help practically, or respect some space.

A NOTE TO MYSELF

Today, I do not have to...



CHRONIC ILLNESS / FREE SYMPTOM TRACKER

Help me explain what changed.

Brief notes for a conversation with your medical provider.

Use when helpful; no daily streak required. Note observations, not assumed causes. This is not a diagnostic or emergency tool. Seek urgent care for urgent symptoms rather than waiting to finish a log.

Name (optional): _____ Dates covered: _____

Date / time	Symptom / location	Duration / intensity*	Impact on daily activity	Context / what I tried / response

*Use your own words: brief / hours / ongoing; mild / moderate / severe, if useful.

Related medication changes or other observations (optional; do not change treatment based on this sheet):

Bring your current medication and supplement list and relevant records separately. Keep completed pages private; the website does not collect them.



CHRONIC ILLNESS / FREE APPOINTMENT SUMMARY

My concern, in plain language.

You do not have to tell the whole story in one breath.

Bring this with the tracker. Choose your main concern, its impact, and a few questions. Ask your provider what to monitor and how to contact the care team between visits.

01 The concern I most want help with is...

When did it begin or change? How often does it happen? What is different from my usual experience?

02 This affects my daily life by...

Include a concrete example: work, sleep, walking, self-care, relationships, or another activity.

03 The questions I want answered are...

What might explain this? What next steps are appropriate? What changes need urgent care, and when should we follow up?

MY AGREED NEXT STEP

What we agreed, who will act, and when I should expect an update:

Further reading: NIA: How to Prepare for a Doctor's Appointment

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