Boundaries Exploration Sheet

How open do you want to be about trying to conceive? Write down why this may or may not be difficult for you to manage.

Write down 3 examples of questions/ comments from friends, family and acquaintances that may arise. Then, practice your response

1.

2.

3.

Write down a list of people you are comfortable sharing with.

What actions can you take to make sure your boundaries are met?

1.

2.

3.