



707 Broadway NE Suite 103
Albuquerque, New Mexico 87102

Phone: (505) 766-9361 Fax: (505) 766-9157

Pregnancy Counseling Decision Making Worksheets

KEEPING MY BABY AND LIVING INDEPENDENTLY

In order to keep your baby and live independently there are several areas that require planning. Good planning now will give you a realistic view of what will be expected of you later. It will also prepare you for your baby's arrival. As you answer these questions, keep in mind that this questionnaire is a tool designed to acquaint you with your responsibilities and relationships as a parent.

List the people who will be accepting of you and your baby. Beside each name, describe the way in which this person will be helpful to you and your baby e.g. babysit₁ visit, etc.

How do you expect parenthood to affect your dating relationships?

Describe the relationship you would like to have with the baby's father.

Describe the relationship you would like the baby's father to have with the baby.

What kind of relationship do you have with the baby's father's parents?

What sort of interest do you want them to have in the baby?

Describe your relationship with your own parents.

What would you like their relationship to be to the baby?

You may need to work in the future to support yourself and your baby. What would you like to do?

Describe any training you need in order to be qualified for this job.

How would the responsibilities of parenthood affect your pursuit of this occupation?

In one column, list the things you are looking forward to in raising your baby. In the other column, list the things that you are not looking forward to.

APPEALING

UNAPPEALING

TO MAKE AN ADOPTION PLAN OR PARENT

The decision you make to release your baby for adoption, or to keep your baby, will be one

of the most important that you will ever make. It will affect the rest of your life. It is important that you actively make a decision and not just let things happen. The following questions are designed to help you come to the decision that is best for you and your baby.

What would happen if you took no positive steps to decide what to do about your baby?

Write down two or three major decisions you have made in the past.

How were these decisions made? Did you take definite control of your situation or did you let events carry you along?

You may need to support yourself. What would you like to do?

Describe any training you need in order to be qualified for this job.

How would the responsibilities of parenthood affect your pursuit of this occupation?

List all the problems you might have if you raise your baby. List all the problems you might have if you release your baby for adoption. Which can you best live with?

RAISE MY BABY

PLACE MY BABY FOR ADOPTION

Play the role of a woman who wants to raise her baby. Write down all the convincing reasons why this is the best alternative. Play the role of a woman who wants to release her baby for adoption. Write down all the convincing reasons why this is the best alternative.

"I want to raise my baby"

"I want my baby to be adopted"

List all the important people in your life presently. Beside each name, write what they think you should do and why they think you should do it. How important is this person's opinion to you?

Significant Person	What they want	Why they want it	How important

How much do you know about adoption?

A lot _____ Some _____ Not much _____ Nothing _____

Would you want to talk with a family who has adopted a baby?

Yes _____ No _____ Possibly _____

Do you know single parents? Yes _____ No _____

What you like to talk with a single parent about her experiences?

Yes _____ No _____ Possibly _____