****©The Gianna Centre

**….**doing life together

A Family Support and Education Service

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**Facing an Unplanned Pregnancy**

**My Questions – My Options**

**Abortion**

**1)** If I have an abortion how may I feel?

Now

|  |
| --- |
| In 1 Year: |
| In 5 Years: |
| In 10 years: |
| In 20 years: |
| In 50 Years: |

**2)** What are my greatest fears if I have an abortion?

Now:

|  |
| --- |
| In 1 Year: |
| In 5 Years: |
| In 10 years: |
| In 20 years: |
| In 50 Years: |

**3)** How will I cope if I have an abortion?

Now

|  |
| --- |
| In 1 Year: |
| In 5 Years: |
| In 10 years: |
| In 20 years: |
| In 50 Years: |

**4)** How may I be affected if I have an abortion? **(Please circle)**

Mentally / psychologically **Not Good** 1 2 3 4 5 6 7 8 9 10 **Good**

Emotionally **Not Good** 1 2 3 4 5 6 7 8 9 10 **Good**

Physically **Not Good** 1 2 3 4 5 6 7 8 9 10 **Good**

Spiritually **Not Good** 1 2 3 4 5 6 7 8 9 10 **Good**

**Facing an Unplanned Pregnancy**

**My Questions – My Options**

**Abortion (continued)**

**5)** If I have an abortion how will this decision affect:

|  |
| --- |
| My baby’s father |
| My parent/s |
| My brother/s / sister/s |
| My older children |
| My friend/s |
| My future relationship/s |
| - my future partner |
| - my future children |

**6)** What is good about abortion?

|  |
| --- |
|  |
|  |
|  |

**7)** What is bad about abortion?

|  |
| --- |
|  |
|  |

**8)** Should I discuss my decision with ⬜ my partner ⬜ my parent/s ⬜ my sibling/s

⬜ my friend/s ⬜ a support service ⬜ research websites ⬜ other

**9)** Am I being pushed, manipulated, threatened by anyone to have an abortion?

⬜ my partner ⬜ my family ⬜ my society ⬜ my friend/s ⬜ other

**10)** What is the best outcome for my baby?

⬜ keeping my baby

⬜ aborting my baby

⬜ adopting my baby

How can I find out what support is available?

Contact **The Gianna Centre**

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The Gianna Centre is a Child Safe Organisation