



SELF TALK LOVE

A TIME FOR REFLECTION

It is so sad how many of us going through the fertility journey feel shame. Shame that our bodies don't work like those of other women, shame that we are not perfect. We keep it all hidden, like a dirty secret, like it's taboo. We are isolated, stripped away from many of life's simple joys, like enjoying the birth of a friend's baby.

But it doesn't have to be this way. The opposite of shame is love. We can be there for ourselves, proud of how strong we are, proud of carrying so much love for our child-to-be. With our self-talk, we can show ourselves that we are not alone.

I invite you to let yourself know that it is really not your fault, that there is no reason at all to feel ashamed or disgraced. You are so, so, so deserving of love, compassion, and motherhood. It is your birthright. Take a moment with yourself to have this important and loving inner conversation.

In the space below, I invite you to write a message to yourself. Let yourself know not you are not to blame, that you are innocent. This is just the way things are right now.

Dear: