

Life Experiences Check-list

Infertility is stressful. Waiting is hard. Grieving is hard. Longing is hard. Even if you haven't experienced infertility yourself, your own experiences of waiting, grieving and longing will help you to empathise.

Split into small groups or pairs, discuss your experiences. What effected you most. What support did you receive. What might have helped. Report back on how you think your experiences apply to people experiencing infertility.

Waiting

Have you ever:

- been single and looking for love
- been job-hunting
- taken on a long course
- been on a waiting-list for medical treatment

Grieving

Have you ever:

- lost a family member
- been to a funeral
- lost a job
- seen something that you worked on destroyed

Longing

Have you ever:

- been in a long distance relationship.
- wanted something that you couldn't afford
- tried to do something and failed
- suffered from a chronic illness or disability