



Spiritual Care Resource Center

While You Are Waiting

When patience and sanity are being tested while waiting (infertility involves a lot of waiting), it is hard to focus. The list below was written to send to a person who was waiting for pregnancy test results the following day. On the surface, it may not appear particularly Jewish. However it is based on three areas Hasidah uses for spiritual counseling.

- Establishing boundaries, which includes setting limits whether emotional, financial, time, number of procedures or otherwise. Encouraging people to know their back up plan or their next step is also a form of support because it recognizes that we do often hit our boundaries and limits. (Hint: help them understand boundaries and consider back up plans.)
- Making meaning. Each person is more than just this part of his/her life and will continue to be such. We are also not in control and need to define ourselves within that limit.
- Maintaining relationships. This reminds them of their connections both by reading the list and because you sent it.

Dear friend,

I'm thinking of you and thought this might provide you some support.

- 1) Hang in there!
- 2) You have a parachute.
- 3) You are an amazing person with a beautiful soul and lots of love to give.
- 4) You will still be that person tomorrow no matter what happens today. Really.
- 5) You are not alone.
- 6) You do not need to reply.
- 7) Repeat reading this as necessary.

One client wrote the following day, "I am not exaggerating when I say that this literally got me through the day in one piece. I cannot thank you enough. I think I read it about thirty times. And I'll continue to."