



## Decision Making Framework

The following framework is intended to help you navigate your fertility treatment decisions by helping you discern your own personal answers at various junctures during your experience.

1. Goals - What are your big picture goals? Your goals are based on how you want to come out on the other side of your experience with infertility. Here are some sample goals:
  - To become a parent (achievable)
  - To try “enough” to have biological children – the secret is knowing what is “enough.”
2. Education - From where are you gathering information? To ensure your decisions are well informed, it is important to access sound and accurate information. This may include medical details, financial and insurance data, treatment interventions, medication details, ethical considerations, complementary and alternative modalities, and more. Consider:
  - Your medical team
  - Support community – please be cautious of individuals sharing medical advice
  - Family and friends: who gets a say in your boundaries?
  - Online resources, such as Resolve.org, FertilityIQ and Hasidah.org
3. Boundaries - This is establishing your “enough” so you can check in with yourself along the way. Writing this will help you see and steer through the tough times. For this exercise, stay in the physical world, considering such as medical treatment and finances. These include:
  - How many cycles or procedures are you willing to try?
  - What types of procedures are you willing to try?
  - How much time (months, years) overall are you willing to give?
  - How much money are you willing to spend? This can get expensive quickly and over time change if your financial situation changes. What is reasonable for your budget?
4. Self-Assessment
  - Are you in a place to make good decisions? You make decisions based on the information you have at the time. One thing to consider is what you know about yourself. These types of questions help you determine if you are in a position to make good decisions or if you need to pause or redirect your efforts.
    - Are you feeling more hopeful than experiencing sadness/pain? There is an emotional toll for all of this. Setting it aside does not mean it will go away. Make sure you can balance strength and vulnerability to continue.
    - Are you feeling connected with yourself, others, the Divine? Is this costing you relationships that are important?
    - Are you still connected to meaningful endeavors in your life?
    - Do you feel in control of your choices?
    - Can you maintain your boundaries on all levels?Answering no to these questions is a signal. Pay attention.
  - What and when is “enough”? Once you have answered these questions, you will have a better idea of when you reach “enough.” To be sure, check in whenever you bump against a boundary or hit a low spot of decision-making. Changing boundaries is okay when you do it after you have checked in – do you keep the boundary and redirect? Or do you consciously choose to move the boundary to reach your goal?