



## A Negative Pregnancy Result

### A Poem

As if any preparation could really prepare for this  
To be full of emptiness  
Anger, sadness, confusion, disbelief,  
Pain, tension, floating, heavy  
Lost and wondering amid suffocating darkness  
Was all of this for nothing?  
Could have, should have  
Did I? Did they?  
No more! Enough!

Keep trying!  
So much pain  
A numb mind in a body that is  
Alive.  
Hot emotional nausea comes in waves  
No words though. Just tears.  
Cries, howls and clenched fists.  
Bowed over. Slumped.  
Curled up.

Let this sadness be a memorial  
To lost hopes  
To pain  
Let this pain be the foundation  
For a return to strength.  
And hope.  
Someday.  
But not today.

### A Prayer

Creator of the world  
Compassionate One  
At this moment of heartbreak and anguish  
Be with me. Do not forsake me and leave me alone.  
I cannot be unworthy. I see the world around me and know  
Nobody is worthy.  
Everything exists because of Your compassion.  
I will never understand why.  
Give me the strength  
To let that search go  
To just feel my sadness  
I committed myself to being Your partner in creation.



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Please help me withstand the pain of this loss.  
I may be angry at you for a while.  
Wrap me in your presence  
Let me feel connection to Oneness  
So I will remember  
that this too shall pass.

### A Prayerful Thought

On the darkest days  
The sun rises  
In the midst of the deepest torment  
Flowers bloom  
In each sin  
Is space for returning  
During the deepest pain  
Hope grows in soul  
In isolation  
You are near

### Practically speaking

- Accept your feelings (even if it hurts)
- Give yourself permission to grieve (it will wait for you until you do)
- Move your body (exercise)
- Spend time in nature (any green space will do)
- Move your mind to another place (distract yourself)

### One last Thought

Everything has a season;  
there is a time for everything under heaven  
A time for being born and a time to die,  
A time to plant and a time to uproot the planted...  
A time to weep and a time to laugh,  
A time to wail and a time to dance.  
There was a time to plan  
A time to try  
A time to hope  
A time to wait  
Today I weep.  
I will dance again.