

Worksheet — Preparing the Heart Before IVF

Purpose:

To help couples reflect on their IVF emotional challenges, begin emotional healing before IVF, understand the psychological impact of IVF treatment, and start preparing emotionally for parenthood with clarity and love.

Step 1: Identifying IVF Emotional Challenges

Questions:

1. What are my top three fears about the IVF process?
2. Which emotions come up most often — anxiety, sadness, frustration, or hope?
3. How have these emotions affected my daily life or relationship?

Action:

List 2–3 coping strategies you can use when these emotions appear.

Step 2: Emotional Healing Before IVF

Questions:

1. Are there past losses, failures, or traumas I still carry in my heart?
2. Who or what can support my healing — therapy, spiritual guidance, journaling, meditation?

Action:

Choose one emotional healing activity to start daily for the next 2 weeks.

Step 3: Understanding the Psychological Impact of IVF Treatment

Questions:

1. How do I react when I face uncertainty or disappointment?
2. Am I aware of the mental strain IVF can bring, and am I ready to address it?

Action:

Create a short “emotional first-aid” plan — e.g., breathing exercise, walking, prayer, or calling a supportive friend.

Step 4: Preparing Emotionally for Parenthood**Questions:**

1. What kind of emotional environment do I want my child to be born into?
2. How can I strengthen my relationship with my partner before the baby arrives?

Action:

Write a letter to your future child, sharing your love and hopes for them. Keep it to read during the IVF journey.

Step 5: Commitment Statement

"We commit to facing our IVF emotional challenges with honesty, embracing emotional healing before IVF, staying aware of the psychological impact of IVF treatment, and preparing emotionally for parenthood so our child arrives in a home filled with peace, love, and readiness."

Signature: _____

Date: _____