

 **IVF & Surrogacy Ethics Reflection Worksheet****Section 1: Emotional Readiness**

1. What feelings arise when I think about not being able to conceive naturally?

- Acceptance
- Guilt
- Anger
- Hope
- Other: _____

2. How emotionally prepared am I for the challenges of surrogacy?

- Very prepared
- Somewhat prepared
- Not prepared

3. Have I considered the possible emotional impact on:

- Myself? _____
 - My partner? _____
 - The surrogate? _____
 - The future child? _____
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Section 2: Ethical Reflection

1. Am I choosing IVF/surrogacy from:

- Genuine longing for a child
- Fear of judgment
- Societal/family pressure
- Convenience

2. If my future child asked, "*Why did you choose this path for me?*" what honest answer would I give?

3. Am I ensuring the surrogate's dignity and well-being beyond financial contracts?

- Yes

No

If yes, how? _____

Section 3: Spiritual Alignment

1. Do I believe every birth is part of a soul's contract and divine will?
 Yes
 No
 Unsure
 2. What spiritual practices (prayer, meditation, mantras) can I adopt to align this journey with dharma?

 3. Do I feel this decision honors karma and compassion, not ego?
 Yes
 No
 Unsure
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Section 4: Compassion in Action

1. How will I support the surrogate emotionally during pregnancy?

2. How will I honor her role after the child's birth?

3. How will I help my child understand their surrogacy story with truth and love?

Section 5: Final Reflection

 *If nature has closed one door, am I open to the possibility that God is redirecting me toward another form of love (such as adoption, mentorship, or service)?*

Answer: _____

 **Tip for You:** You can turn this worksheet into:

- A **PDF download** as a freebie for your readers.
- A **lead magnet** to grow email/Telegram subscribers.
- A **journal page** inside your future eBook on IVF, ethics, and spiritual parenting.