Infertility Treatment Emotional Check-In

A moment to check in with yourself during fertility treatment.

Fertility treatment can ask a lot of you—emotionally, physically, mentally, financially, and relationally. Use this check-in at any point during an IUI, IVF, or other treatment cycle to notice what you are carrying and what you may need right now.

How Am I Doing, Really?

Right now, I feel:

☐ Hopeful ☐ Anxious ☐ Sad ☐ Angry ☐ Numb
☐ Overwhelmed ☐ Exhausted ☐ Grateful
☐ Disconnected ☐ Other: _____

What feels hardest right now?

_____
_____

What is taking up the most space in my mind?

_____
_____

What Am I Carrying?

- ☐ Uncertainty about what will happen.
- ☐ Appointments, medications, or procedures
- ☐ Waiting for results or next steps
- ☐ Financial stress
- ☐ Work or scheduling demands
- ☐ Changes in my body
- ☐ Decisions about treatment
- ☐ Pregnancy announcements or others' family-building news
- ☐ Feeling misunderstood or alone
- ☐ Pressure from myself or others
- ☐ Changes in intimacy or my relationship
- ☐ Grief about how I hoped family-building would happen
- ☐ Something else: _____

My Focus for Right Now

One thing I cannot control:

_____

One thing I can influence or choose:

_____

One small thing I want to do for myself this week:

_____

What Do I Need?

What would make this week feel a little more manageable?

_____
_____

What do I need from my partner, family, friends, or support system?

_____
_____

Is there something I need less of right now?

_____
_____

Choice, Pressure, & Boundaries

What am I doing because I genuinely want to?

_____

What am I doing because I feel obligated, pressured, or afraid to say no?

_____

Is there a boundary I need to set or protect right now?

_____

What Can I Give Myself Permission to Do?

- ☐ Say no without a long explanation
- ☐ Step back from social plans
- ☐ Mute or unfollow triggering content
- ☐ Ask someone else to handle a task or conversation
- ☐ Feel hopeful without forcing positivity
- ☐ Feel disappointed, angry, jealous, or sad without judging myself
- ☐ Take a break from fertility-related conversations
- ☐ Ask for more support
- ☐ Do something that has nothing to do with fertility treatment
- ☐ Other: _____

A Gentle Reminder

You do not have to handle fertility treatment perfectly. You can want a child deeply and still feel exhausted by the process. You can feel hopeful and afraid at the same time. Checking in with yourself does not change the uncertainty—but it can help you notice what you need while you move through it.