

## Could You Improve Your Thinking And Make Yourself Feel Better?

1.	Is trying to get pregnant causing you to feel stressed?	
2.	Do you experience any of the following emotions on a regular basis?	
	anger	
	jealousy	
	bitterness	
	resentment	
	fear	
3.	List any other negative emotions that you regularly experience:	
4.	Do you feel you are beginning to obsess about getting pregnant?	
5.	Do you feel you could have a better attitude about getting pregnant?	
6.	Do you have a strong need to feel in control of things?	
7.	Would you describe yourself as a worrier?	
8.	Would you describe your state of mind as generally positive or generally negative?	
9.	Would you find it very difficult to give yourself a break from trying to get pregnant	
10.	Is there any part of you that feels you might never get pregnant, or that you don't deserve to get pregnant?	
11.	Is there any part of your current lifestyle that you would be sorry to give up if you have a family?	
12.	Are you more judgemental and have higher standards for yourself than you do for others?	

If you ticked 4 or more of the above, then you will benefit from the **Baby Making Mindset Club** programme of events.

Managing your mindset will help you to smooth out the highs and lows of your baby making journey, but it takes knowledge, skill and support and that's what you'll get from the Baby Making Mindset Club.