

## ***For Closure and Moving on from Infertility Treatment (#34)***

The decision to stop infertility treatment is probably one of the most difficult decisions to face. Individually and as a couple, you will need to explore what stopping means for you both. Saying enough is enough to infertility treatment does not necessarily mean you have to have another plan or be ready to pursue other options but it does mean you have to face the loss of a dream, your biological child who would have been genetically linked to both of you. As you contemplate stopping infertility treatment, use the following check list to be sure that all the aspects of this decision have been addressed:

### **MEDICAL ISSUES:**

- You are comfortable and confident in your medical care and have had at least one second opinion.
- You and your partner have set a deadline for stopping treatment. You have discussed your time frame with your doctor.
- If you have frozen embryos in storage, you have begun to think about what you wish to do with them.

### **EMOTIONAL ISSUES:**

- You have taken some time off from treatment and reflected on how that break has felt.
- You have made a list of the “if only” issues. You have come to terms with decisions you made in the past and are not blaming yourself for them.
- After careful soul-searching, you have talked with your partner about the impact of stopping treatment which will result in two losses: the loss of the biological child and the loss of the pregnancy experience. You have identified which is the greatest loss for you and why.
- Write down three things you think your partner would say if you said you wanted to stop treatment. Share that list with your partner.
- You have made a list of the toll the infertility experience has taken on your life.
- You have thought about the question of who you would disappoint if you decide to stop infertility treatment.
- You have begun to think about the magnitude of saying goodbye to your dreams B perhaps this involves designing a ritual or creating something tangible to remind you of this loss such as a poem, song, drawing, etc.

- ❑ Make a list of the things you might do with the time, money and energy you have devoted to infertility treatment if you decided to stop.
- ❑ You have begun to read about and discuss other options, such as adoption, surrogacy, childfree living, but have not necessarily made a decision about other options.
- ❑ You have started picturing yourself living with one of the options; one year out; and five years out from making the decision.
- ❑ If you and your partner are not in agreement about the decision to stop treatment, are you considering seeing an infertility counselor to explore this difficult issue further?

*Further information on this topic is available through RESOLVE fact sheets. For a publications order form, go online to [www.resolve.org](http://www.resolve.org). You can also contact RESOLVE Headquarters at 1760 Old Meadow Rd, Ste 500, McLean, VA 22102 or 703.556.7172.*

Copyright RESOLVE  
All Rights Reserved

Closure:QtoA  
10/12