

Questions to Ask Yourself if You Are Pregnant

1. What do I want out of life for myself?
2. Could I handle a child and a job and/or school at the same time?
3. Have I managed school and/or job and other activities well in the past?
4. Am I ready to give up the freedom to do what I want to do when I want to do it?
5. An example of something I would have to give up by having a child with me is...
6. Am I willing to cut back on my social life and stay home while my friends go out?
7. Would I miss my free time and privacy?
8. Can I afford to support a child?
9. Do I want to raise my child in the neighborhood I am living in now?
10. How might a child interfere with my growth and personal development?
11. How would parenting a child change my educational plans?
12. Am I willing to give a great part of my life – AT LEAST 18 YEARS – to being a responsible parent?
13. Do I like doing things with children?
14. Do I want my child to be like me?
15. Do I expect a child to make my life happy?
16. When I am around small children for a while, how do I feel after being around them?
17. Am I able to give the child the love he/she needs/deserves?
18. Am I patient enough to deal with the noise, confusion, and the 24-hour-a-day responsibility of having a child?
19. What kind of time and space do I need for myself?
20. What do I do now when I am angry or upset?
21. What would I do to a child if I lost my temper or became angry?
22. What does good discipline mean to me?
23. How would I discipline a toddler?
24. Do I get along with my family?
25. How would I take care of my child's health and safety?

(excerpted in part from "Is Parenting for Me Now?," published by Loving and Caring, Inc.)