

Outline for Options Counseling

Beginning the Session: My name is _____ and I'm a _____ (title) _____ at _____ (agency name) _____. I'm here to create a safe, non-judgmental space for you to explore all of your pregnancy options. Everything we talk about will be confidential, however, if you share that you are harming yourself or another, I will need to report that to ensure you and those around you are safe. We will have _____ (length of time) _____ together today. As we begin, I want to remind you that you do not need to make a decision today. This is a very personal choice and there aren't any right or wrong answers. By exploring each choice thoroughly, you will gain clarity about what choice feels best to you.

Questions (select questions you feel are most appropriate for the circumstances):

- How did you feel when you first found out you were pregnancy?
- What do you see as your pregnancy options?
- Before you were pregnant, what were your impressions of adoption/abortion/parenting based on your values, cultural and religious beliefs?
- What additional information would you like to have about adoption/abortion/parenting?
- What are the pros and cons of choosing adoption/abortion/parenting?
- How might you feel after making this decision?
- How do you envision integrating this decision into your identity?
- Is there anyone you can talk to about the decision you are trying to make?
- What are the expectations of your family and community?
- What does it feel like to not be totally sure what the best option is for you?
- Is there a specific time each day that you can set aside to journal, talk to someone, or think about each of your options?
- What is your relationship like with the father? Will he be involved? If so, in what ways?
- What do you hope your life looks like in five years?

Specific Questions Related to Each Option

- Adoption: Do you know what open adoption is? What qualities would you be seeking in an adoptive family? What would you want your relationship with them to look like?
- Abortion: Do you have information about the types of abortion, including the procedures and costs?
- Parenting: What resources do you envision needing after making this choice (including financial, housing, baby items, childcare)?

Questions you would like to Add: