

## 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: