

# QUESTIONS TO CONSIDER

What do I do well that I can put into action through this process?

When will I know it's time to ask for help? How can my support people be there for me?

Where do I go for comfort? Is this a healthy place to seek comfort?

How do I listen to and accommodate my partner's feelings? When do we connect about this process?

What are three things I can remind myself of on hard days to keep me encouraged and feeling positive?