

# Is this Right for Me?

A private reflection  
not a test, not a diagnosis

**When emotions feel mixed, quiet, or  
hard to name**

Pregnancy is often spoken about as a time of joy and certainty.

**For many women, the experience is far more layered.**

**This reflection is for moments when:**

- emotions feel contradictory
- gratitude sits beside fear, grief, or uncertainty
- you don't quite recognise yourself
- or you're holding feelings that don't seem to fit the story you're "meant" to be living

There is no right way to feel during pregnancy. And there is nothing here you need to fix.

You're welcome to move slowly. Pause whenever you need.

# Before You Begin

This is not a quiz that measures or evaluates you.

Nothing here is scored, analysed, or shared.

You don't need to answer every question.

You don't need to arrive at clarity.

**This is simply an invitation to notice what might already be present**

## **You may find it helpful to:**

- read quietly
- place a hand on your body
- take a breath between questions
- stop partway through if that feels right

Whatever you experience here is valid.

# QUESTION 1

## MyEmotionalLandscape

**As you think about this pregnancy, which experiences feel familiar right now?**

(You might recognise one, many, or none.)

- Feeling moments of excitement alongside fear or worry
- Feeling grateful, while also carrying sadness or grief
- Feeling emotionally connected at times, and distant or numb at others
- Feeling overwhelmed by thoughts about the future
- Feeling low or tearful without a clear reason
- Feeling irritable, resentful, or angry – then unsure if those feelings are “allowed”
- Feeling pressure to feel more positive than you do
- Sensing something has shifted inside you, even if you can’t name it yet

## QUESTION 2

### Inner Dialogue (Meaning-Making)

**Have any of these thoughts passed through your mind?**

(These are more common than people often admit.)

- “I thought I would feel different by now”
- “Other women seem to cope with this better than I am”
- “I should be grateful, so why does this feel hard?”
- “I don’t recognise myself lately”
- “What if something is wrong with me?”
- “I love this baby, and I’m also scared of what I’m losing”

## QUESTION 3

### Sense of Safety in Sharing

**When it comes to talking about how you're really feeling, which feels closest to your experience?**

- I mostly keep these feelings to myself
- I share the parts that feel acceptable, but not everything
- I worry about being judged, dismissed, or misunderstood
- I don't want to worry the people around me
- I'm not sure how to put what I feel into words

## QUESTION 4

### What Feels Heaviest Right Now

**If you pause for a moment, what feels most present or heavy at the moment?**

- Holding conflicting emotions at the same time
- Feeling alone in my experience of pregnancy
- Not knowing what is normal or okay to feel
- Feeling pressure to be positive or grateful
- Carrying feelings I haven't said out loud
- Feeling unsure who I am becoming

## QUESTION 5

### Current Support Landscape Who (If Anyone) Is Supporting You Right Now?

**When you think about support during this pregnancy, which feels closest to your current situation?**

(You may recognise more than one.)

- I have people around me, but I don't feel able to share how I'm really feeling
- I talk to loved ones, but I still feel alone with some of this
- I have practical support, but not much emotional space to talk
- I'm not sure who I could speak to openly about these feelings
- I tend to hold things together for others rather than be supported myself
- I don't currently have anyone I can talk to in a way that feels safe and non-judgemental

## Question 6

### What Support Might Look Like

**If support felt calm, respectful, and non-judgemental, what would you hope for?**

- A space where nothing I say will shock or disappoint someone
- Someone who understands that pregnancy can be emotionally complex
- Time to explore my feelings without being rushed or “fixed”
- Reassurance that I’m not failing or broken
- Help making sense of the emotional and identity changes I’m experiencing
- Simply not feeling so alone with all of this

Many women discover that even when support exists, there isn't always a space where everything can be spoken without worrying about judgement, reassurance, or burdening others.

Professional support can offer something different: a calm, confidential space, where mixed emotions are expected, and nothing needs to be justified or resolved.

If any of these questions resonated, it doesn't mean something is wrong with you.

It means you're moving through a significant emotional transition.

Pregnancy can be a time of deep change — not just physically, but in how you experience yourself, your relationships, and your sense of identity.

There is room here for complexity.

## When You're Ready

If you'd like to return to the page where you found this reflection, you can do so [here](#):

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**On that page, you'll find:**

- the option to receive the anxiety exercise by email
- information about non-judgmental support
- and space to explore next steps only if and when they feel right

**You don't have to walk this alone —  
and you don't have to decide anything today.**