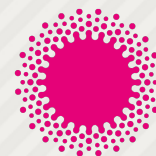


## ABORTION & CONTRACEPTION SERVICE

# MAKING A DECISION



the women's  
the royal women's hospital  
victoria australia

**For some women, making a decision about an unplanned pregnancy might be the hardest decision they ever make.**

There are always a number of factors involved, while some women are able to think through these quickly and come to a decision, many others can feel anxious about the responsibility of decision-making. There is no right time frame to making a difficult decision; it should take as long as it takes to get it right for you.

There are many things you can do to help:

- talk to lots of people
- write down your feelings to read again yourself at a different time
- confide in people you trust for their advice
- ask people you trust to listen to you without giving advice or judging
- take yourself away to a favourite, quiet place
- get out of your 'head' for a while doing something you enjoy, like a favourite physical or creative activity
- imagine each side of the decision and what your life will look like – maybe even try to live that life for a day or half-day
- write down a pros and cons list
- read stories of what others have done
- meditate or try a guided visualisation
- talk to people who have been there
- talk to a counsellor.

### Identifying your decision-making skills

Even with help and advice, the person making the decision is still you. Every decision you have made in life, however small, has taught you to assess the options and decide what's right for you. Think about a time (or times) when you have had to choose things. Spend some time reflecting on what skills you used and what was involved in the process.

You may be someone who takes time and does a lot of research into your options before making a decision. You may be an intuitive person who relies on your feelings to guide you. Maybe you make decisions pretty quickly, but you need peace and quiet and time away from others to do it. Or you might prefer to talk to those around you and then take their opinions away to think about.

There is no 'right' or 'wrong' way to decide, no 'right' or 'wrong' combination of things you can do to help you get there. Whatever you decide, and however you arrive at that decision, it is 'right' for you.

### For more information

#### 1800MyOptions

T: 1800 696 784

W: [www.1800myoptions.org.au](http://www.1800myoptions.org.au)

#### Better Health Channel

W: [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)

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