

INFERTILITY AS A BIO/PSYCHO/SOCIO/SPIRITUAL CRISIS

BIOLOGICALLY

- Men and women typically feel defective
- Intense feelings of mind/body stress inevitably kick in
- The intimidating medical setting intensifies the stress
- The prospect of surgery is frightening
- Treatment usurps control of the menstrual cycle from nature
- Treatment is as demanding on body and mind – feels like a second job

PSYCHOLOGICALLY

- It is most common to feel out of control and angry
- Anxiety and depression go with the territory
- Every 28 days brings grief about the “death” of the child who could be
- The way life has changed is disorienting and can feel devastating
- Self-esteem is at risk
- Feelings of impatience and insecurity can be standard
- Blaming the partner who has “the problem” is a problem
- Yet thinking, “I’d be pregnant if it weren’t for him/her” is normal
- Having “undiagnosed” infertility raises levels of frustration even more
- Loss of privacy is an adjustment
- Loss of privacy of your private parts is an adjustment; for some—an ordeal
- Reproductive area is highly charged emotionally—especially if there’s been abuse
- The takeover of your menstrual cycle leaves you feeling as if your body’s been hijacked
- Sex as you knew it is replaced by sex on demand, or worse—sex becomes irrelevant
- Occupational and financial concerns add to the disruption

SOCIOLOGICALLY

- Feelings of isolation loom large
- Babies seem to be everywhere
- Few know what to say to you; there is no social protocol
- It’s confusing and harrowing to discern privacy from secrecy
- You may need to alter the way you socialize with friends and family

SPIRITUALLY

- It’s common but irrational to feel punished, especially if there was an abortion or an STD
- “Why me” dominates the thinking
- Confusion ensues about connection/disconnection from a higher power
- Moral issues loom large if you elect to “reduce” from a triplet or twin pregnancy

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