

WHAT DO YOU SAY?

Sooner or later we will all face a time when family or friends don't support a decision we've made. When one is in the middle of an adoption decision, this conflict may cause additional anguish.

Confidence in your ability to make a good decision is very important.

No matter what decision you make about anything there will always be someone who will agree with you and someone who will disagree with you. When talking with someone who disagrees with you, remember – you don't have to change that person's mind. What you do want is to remain confident and poised in the face of resistance.

The following are some commonly encountered opinions about adoption and some possibly responses. Thinking through replies ahead of time can help you feel more confident and composed.

WHEN THEY SAY...

"You're being selfish! You just don't want to be tied down and to take responsibility for you and your child."

Children are important to me. That's why I'm making this decision. I want my child to have the best and I can't give my child the best right now.

"You'll never survive. You'll end up in a mental ward in a straight jacket and be a walking zombie."

It is hard. I know it won't be easy, but I'll take it in stages. I'll acknowledge my feelings. Sometimes it will hurt, but it is a part of my life and I will survive.

"What if the adoptive parents get a divorce or end up abusing your child."

The adoptive parents are studied and screened carefully before a child is placed with them to assure that my child is placed with a safe, loving and emotionally stable couple. It is never possible to anticipate what may occur in the future, but my child can have a better chance in a home approved by a licensed agency.

“You wont be able to let your child go – especially if you see her, hold her and feed her, in the hospital or participate in open adoption.”

I want to say hello to my child before I say goodbye. I want to experience my child and then I will be able to make a mature decision about our futures. The precious time I spend with her no one can take away from me. I am entitled to that time.

“You need to get on with your life and forget about this.”

No one ever forgets about a child. I will always be my baby’s birth mother. I will never forget that. Remembering and thinking about my child is not the same as regretting the decision I have made.

“You made your bed; now you lie in it and take responsibility for what you have done.”

Just because I became pregnant doesn’t mean that I have to make my child suffer for my mistake. The responsible thing to do is let someone else raise my child who is better able to do so right now.

“ You may think this is the easy way out right now, but what if you change your mind later.”

Adoption is not an easy decision. It is not easy to make plans for someone else to care for my child. I love my child very much. I want what’s best for him. I would be inhuman to late seek to get my child back and disrupt the family I have helped create.

“You should get a abortion. Abortion would be better than giving up a child.”

I don’t want to get an abortion. That was not my choice. Making a adoption plan for my baby is not abandonment. It is creating a new family where none existed before. It is making an unselfish decision for the future welfare of my child.