

THE TOP FIFTEEN THINGS *NOT* TO SAY OR DO and *TO* SAY OR DO TO SOMEONE EXPERIENCING INFERTILITY

*Worry weighs a person down;
an encouraging word cheers a person up.*
—Proverbs 12:25 NLT

DON'T . . .

1. Talk about people you know with infertility. Good or bad stories aren't helpful.
2. Tell me God is in control, has a plan, or knew it was going to happen.
3. Say "I'll pray for you" unless you mean it, or tell me to pray harder.
4. Say "Call me if you need anything."
5. Pity or patronize me.
6. Avoid me. It makes me feel rejected, different.
7. Act like nothing is happening, minimize my situation, or compare me with someone else.
8. Tell others, unless you have asked permission.
9. Offer unsolicited advice or suggestions.
10. Be resentful of how my infertility affects you.
11. Forget about me after the initial flurry of the diagnosis. This could be a long haul; I need you.
12. Say you "understand" how I feel. If you haven't experienced infertility, you don't understand.
13. Ask me personal questions or give advice or suggestions.
14. Assume it's a "female" problem.
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DO . . .

1. Let me talk about my story and listen.
2. Show me God's love.
3. Pray for and with me.
4. Do something for me.
5. Show compassion.
6. Keep normal contact with me.
7. Take your cue from me as to how comfortable I am talking about it.
8. Honor my privacy.
9. Support my choices.
10. Remember, this is about me.
11. Let me grieve and that takes time. Stick with me.
12. Listen without trying to "fix" it or make comments.
13. Curtail curiosity.
14. Understand this is personal.
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