

Outline for Coping with the Stress of Infertility

- Why is infertility so stressful?
- What are the losses women experience when they realize that either they or their partner is infertile?
- What are the losses men experience when either they or their partner is infertile?
- Why do some patients feel shame or guilt surrounding their infertility?
- What is ambiguous loss and why is that type of loss more stressful?
- How can infertility impact marriages and partnerships?
- How do men and women deal with the stress of infertility in different ways?
- What are healthy techniques to deal with the stress of infertility?
- Importance of not postponing life while in infertility treatment.
- Should patients share that they are infertile with others?
- What are some of the cultural, racial, and religious differences in how people experience infertility stress? What are the differences in how they cope with the losses and grief of infertility?
- Are there specific triggers or times of year that are more stressful for many people?
- What can clinics and medical professionals do to help patients cope with the stress of infertility?
- What aspects of the clinic experience or treatment experience contributes to the stress of infertility?
- How to find a therapist that specializes in infertility?