



Dealing with Pregnancy and Birth Announcements

A Punch in the Gut

It happens to all of us - we're happily scrolling through social media, or chatting away with family or friends, and we are caught by surprise by a pregnancy or birth announcement. These announcements can be challenging while we try to figure out how to handle conflicting emotions of joy for the other and sorrow for ourselves. If you struggle with being on the receiving end of difficult announcements, there is unfortunately no easy fix for avoiding the negative emotions. However, there are several steps you can take to make sure you are handling things in as healthy a way as possible, and avoid getting trapped for too long in the negative emotion cycle.

3 Steps to Deal with Announcements in a Healthy Way

★ Identify and explain your emotions and turn them into a prayer

I feel _____ because _____ and I wish _____. God help me to _____.
Please bring healing to my relationship with _____ and her new baby.

Instead of just allowing yourself to feel a general burst of terrible emotions, take the time to identify them and where they are coming from, and then bring it to God. For example: "I feel really alone because I heard the news from someone else instead of my friend and I wish we had a strong enough relationship that we could have had that conversation together. God please help to heal my heart and our relationship and remind me that you are always here for me."

★ Focus on truth, beauty and goodness

Truth - Identify the lies you are telling yourself and replace them with a truth. Include a scripture verse if you can. Check out our *Wielding the Sword of the Spirit* printable for more suggestions here (*Wielding the Sword of the Spirit: Fighting Satan's Lies with Scripture* can be found at thefruitfulhollow.com/resources).
Beauty - Focus on things that bring your gaze heavenward instead of spiraling in on yourself. You could listen to uplifting music, spend time in nature, capture beauty with your camera, or take time for reading poetry, spiritual reading or scripture.
Goodness - Ask yourself "What do I need right now?" Identify activities that will be good for you and meet your spiritual, physical and emotional needs in a positive way. Check out our *Toolbox for Stressful Times* printable for more practical tips in this area (this can be found at thefruitfulhollow.com/resources).

★ Communicate with your spouse

Keep the communication open with your spouse. Let them know how you are feeling and why. Take some time and let them know what would be helpful for them to say or do if you struggle in the future with receiving such announcements.

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Example

Step 1: Identify and explain your emotions and turn them into a prayer

I feel *sad* because *I saw the sonogram picture of Stacey's baby on Facebook* and I wish *I could be pregnant and have the joy of seeing and sharing my baby's picture.* God grant me *comfort and fill me with hope for the future you have for me.* Please bring healing to my relationship with *Stacey* and her new baby.

Step 2: Focus on truth, beauty and goodness

Truth

The lie I am telling myself is: *there is nothing good in my future. God is holding out on me.*
The truth is: *I have many blessings and God has good plans for me.*
Scripture tells me: *"For I know the plans I have for you, says the Lord. Plans to prosper you and not to harm you. Plans to give you a future full of hope." (Jer 29:11)*

Beauty

Activities I can do that keep my gaze heavenward include:
Spending 10 minutes with some spiritual reading
Going for a walk on nearby nature trail
Spend time taking photos of spring flowers

Goodness

What activities would be good for me in the following areas? What do I need right now?
Physical:
Get out for a walk, get to bed early to get some extra sleep tonight.
Emotional: (What will help you regulate your emotions?)
Spend some quiet time reading on my own, plan a movie date or outing with hubby.
Spiritual:
Get to confession, go to adoration.
Social:
Plan a coffee date with a friend that I can share my heart with.

Step 3: Communicate with your spouse

Share my "I feel _____ because ____ and I wish _____" statement from above.
Helpful things for my spouse to say/do when I struggle with an announcement:
Let me know my feelings are understandable, give me a big hug, let me know that he loves our family of 2, plan a date to look forward to.

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Your Turn

Step 1: Identify and explain your emotions and turn them into a prayer

I feel _____ because _____ and I wish _____ God grant me _____ Please bring healing to my relationship with _____ and her new baby.
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Step 2: Focus on truth, beauty and goodness

Truth The lie I am telling myself is: The truth is: Scripture tells me:
Beauty Activities I can do that keep my gaze heavenward include:
Goodness What activities would be healthy for me? What do I need right now? Physical: Emotional: (What will help me regulate my emotions?) Spiritual: Social:

Step 3: Communicate with your spouse

Share my “I feel _____ because _____ and I wish _____” statement from Step 1.
Helpful things for my spouse to say/do when I struggle with an announcement: