

Working as a team

The months ahead will be easier if you and your partner work as a team. Using each other's strengths can benefit you as a couple. After all, you both want the same thing! Use this chart to help you decide how you want to communicate and support each other.



Choose when and how you want to talk about your treatment so it doesn't take over your life.

● *On a chosen day each week, somewhere relaxing.*

- _____
- _____
- _____

Discuss what you expect and don't expect from your partner.

● *Support, but not constant reassurance.*

- _____
- _____
- _____

Decide what topics should remain private, shared only between you and your partner.

● *The full details of our infertility.*

- _____
- _____
- _____

Plan activities you can enjoy as a couple.

● *Hiking.*

- _____
- _____
- _____