

Adoption Readiness Assessment for Couples with Infertility

For those who planned to get pregnant and raise a family, finding that they have infertility is a great disappointment and is something that is never fully resolved. However, with time and sometimes with counseling, those who have infertility learn to move on with the realization that having a biological child will not be a part of their lives. Often couples with infertility eventually consider adoption. Before you consider that option, it is wise to consider whether you have come to terms with your infertility and are ready to adopt. Consider the questions below to help determine where you are at in the infertility process.

Answer the questions below with one of the following choices:

- Frequently
 - Sometimes
 - Rarely
 - Never
1. Do you spend time imagining the child of your dreams – the perfect combination of you and your spouse’s genes?
 2. Do you long to be pregnant or see your partner pregnant?
 3. Does it bother you that future generations of your family will not be related by blood to you and your ancestors?
 4. Does it hurt you to see a pregnant woman or nursing mother?
 5. Do you find it hard to talk about your infertility without crying or experiencing intense emotions, or do you avoid talking about your infertility at all?
 6. Do you feel angry when dealing with your infertility?
 7. Deep down do you feel like you are being forced to adopt if you want to have children?
 8. Do you view adoption as “second best,” or that adoption is your “last resort” if you want to be able to have children?

If you answered “frequently” on all or most questions, you may want to give yourself some more time before you consider adoption. A resource you may want to take advantage of is RESOLVE: The National Infertility Association is a non-profit, charitable organization, that works to improve the lives of women and men living with infertility. <http://www.resolve.org/>