

Reflections Through Every Chapter

A Reproductive Mental Health Journal Prompt Guide

Your reproductive life can hold many things at once — change, uncertainty, grief, relief, joy, and everything in between. These prompts are here to offer a little space to slow down and notice what's true for you right now.

There's no right way to use this guide. Skip around, revisit a prompt more than once, or set it aside if it isn't the right time. Whatever you're carrying, you don't have to make sense of it alone.

With care,

Anysha Reid Henry, RSW

Registered Social Worker & Psychotherapist

How to Use This Guide

This guide is organized into five sections, each reflecting a different chapter of reproductive experience. You're welcome to start wherever feels most relevant, and there's no need to complete every prompt. Journal in a notebook, on your phone, or right in the margins here — whatever feels most natural to you.

If a prompt brings up something heavy, be gentle with yourself. Journaling can be a helpful complement to therapy, but it isn't a replacement for support. If you'd like someone to talk to, a free 20-minute consultation is just a click away.

General Reflection

For any point in your reproductive journey

1. How would I describe my relationship with my body right now, in this season of life?
 2. What is one feeling I've been carrying lately that I haven't fully named or spoken aloud?
 3. Who in my life feels safe to talk to about what I'm going through? What makes them feel that way?
 4. If my body could tell me what it needs right now, what might it say?
 5. What is one thing I would want someone to understand about my experience without me having to explain it?
 6. What does 'taking care of myself' look like today, specifically?
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Fertility, IVF & Family Building

Navigating conception, treatment, and uncertainty

1. What has this process taught me about my capacity to cope with uncertainty?
 2. What emotions come up when I think about the future I imagined versus the one I'm currently living?
 3. Where do I feel pressure — from others, or from myself — and what would it feel like to set that down, even briefly?
 4. What has surprised me about my relationship with hope during this process?
 5. What is one form of support I need more of right now, and who could I ask for it?
 6. How do I want to treat myself on the hardest days of this journey?
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Pregnancy, Postpartum & Loss

Care through birth, identity change, and grief

1. What parts of my identity feel like they're shifting right now, and how do I feel about that?
 2. What do I wish I could tell myself in the early days of this experience?
 3. If I've experienced loss, what would I like to say to the version of myself who was in it?
 4. What does support look like for me right now — practically, and emotionally?
 5. What expectations (mine or others') am I carrying about how I 'should' feel, and are they serving me?
 6. What is one small moment of connection — with my body, my baby, or myself — that I want to remember?
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Abortion & Reproductive Decisions

Space for complexity, without judgment

1. What emotions am I holding about this decision, and can more than one be true at the same time?
 2. What did I need to hear from others during this time, and did I receive it?
 3. What would it look like to offer myself the same compassion I'd offer a close friend in this situation?
 4. What has this experience clarified about my values, my relationships, or my future?
 5. Is there anything I'm still carrying that I haven't had space to process?
 6. What do I want my relationship with this chapter to look like a year from now?
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Perimenopause & Menopause

Body changes, identity, and what comes next

1. What changes in my body or mood have I noticed lately, and how have I been making sense of them?
2. What parts of this transition feel unfamiliar, and what feels oddly freeing?
3. How is my relationship with my identity shifting as my body changes?
4. What do I want the next chapter of my life to hold?
5. What old expectations of myself am I ready to release?
6. Who or what helps me feel most like myself these days?

A Gentle Reminder

Journaling can open the door to a lot of feeling, and that's okay. There isn't a 'right' way to feel about any part of your reproductive story — relief and grief, joy and fear, and uncertainty can all live in the same chapter.

If you find yourself wanting support to process what comes up, reproductive psychotherapy offers a space to explore it together, at your own pace and without judgment.

Ready to talk it through?

Book a free 20-minute consultation at pinklightpsychotherapy.janeapp.com, or reach out at areidhenry@protonmail.com / 289-803-5899.

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