



Journaling while Trying to Conceive

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A few years ago, after completing my fertility treatment, I discovered that writing could become an excellent release. My husband was the first person to suggest that I could use writing as a means of both helping myself and others. My first serious attempt at writing was when I wrote [‘Dealing with Loss due to Infertility’](#). Since that time, I have also learned that I can use my talent as an excellent escape. Writing can be a chance to break free of the stresses that life seems to toss my way. It has become a means of finding a constructive way to deal with the difficulties of my life. Because of my professional background, I have realized that my writing allows me to help others. Helping others is something I have always done anyhow, and my writing is just another way for me to do it. Those of us who write do so for different reasons, for me it is to release and educate, for many others, it is personal and a release and for some it is a chore. Some people use journaling to keep track of day to day events while others journal only to capture special events. Some people will only journal while dealing with a life altering event such as an illness, a career change, or in my case, to help me move on after my husband passed away. Some people will only jot down events during the day while others record only their thoughts and feelings. My belief is that you need to take pieces from each part of your life and combine them. Anyone can start a journal at any point in their life. I suggest that all of my clients consider journaling while they are working with me. If you decide to try journaling during treatment I suggest that you begin as soon as you can. I prefer that people start journaling when they begin trying to conceive, but any point during your treatment is still beneficial.

Some people refer to this particular kind of journaling as writing a ‘fertility journal’. If you are journaling because of a specific reason, such as during fertility treating, it can be given a specific name. My belief is that journaling is just that, a means of keeping track of everything that is going on at that particular time. At any given point, some of it will be specific but that goes with along with whatever we happen to be dealing with at that particular time in our life. Your journal can be very specific, if that is what you need it to be. I feel that journaling is a great idea for anyone, at any time. For those who are dealing with any kind of life altering situation, journaling allows them to put everything and anything they need to deal with on paper. As mentioned above, I believe that all journals should include more than just your thoughts and emotions. In this particular case, your journal can also include your fertility charts, any alternative forms of treatment such as massage, natural medicines, diet, exercise routines, and any lifestyle changes that you are working on. It should also contain any discussions with any members of your treatment team, and medications and information on any procedures you may be under going. Basically it should contain anything that you want to include in it, only you know what you want/need to focus on. You need to write about how you feel right now, how earlier events in the day made you feel, or even about your visits with friends and professional. You don't need to

worry if any of this causes good or bad feelings, it contains your emotions, it is going to make you feel while you write. You don't need to worry if it doesn't make much sense, it isn't for anyone else to read. It is ok for you to brainstorm or even do your journal in point form. It is your journal, just let whatever comes to mind end up on the pages. If all you produce on a given day, is just a silly face or a sticker that is fine, it can still tell how you felt on that day. There will be days that the topics, to write on, seem endless and other days there seems to be nothing.

Once you have decided that you want to write a journal, where do you start? That is easy, a pen/pencil and some paper, it doesn't have to be any more than that. The rest is optional. Some people suggest that you go to a stationary, or business supply store, and purchasing a nice binder and loose leaf paper (or a school workbook with holes in it). If you feel compelled, you can also purchase some dividers, and/or folders with pockets. These purchases would be useful since it allows you to keep your charts in one section and your writings in another one. Your writing paper can be simple lined writing paper, plain white, colored, or decorative printer paper. I personally find it best to go to the dollar store and pick up a work book or notebook with lined paper. Many of these are a handy size for writing, but not for keeping other papers. I find them easier to keep by my bedside, where I tend to do most of my journal writing. The important thing to remember is that this is *your* journal. You need to make it yours so that you will use it and feel comfortable doing so. Once you have your basic papers in place, the next thing you need is something to write with. We all have our favorite writing tools, I like fine tipped, soft grip, ball point pens in almost any color but blue. Splurge here, get some new pens, pencil crayons, markers, etc. make it something you will use. Do you prefer fine point pens or gel pens, maybe you prefer the thick multi color pens? Get the ones you like best. Feel free to get a variety so you can add your personal spin on your mood on any given day. If you don't have fun writing, you won't keep doing it. While you are in the stationary section, you might want to glance at stickers, stencils or stamps. Adding some color and interest can help those more difficult days seem less stressful. These extras can all be used to help you express how you feel on some of those brighter, or darker, days. Get anything that you think you will use, for me, it is just the basics, for others, it can be splashy. The extras might be just the right way for you to express your feelings, your mood, etc.

Once you have all your materials you need to consider where and when you will write. It needs to be quiet time, in your own little space. I like to write in my journal just before I go to bed. I look at it as a chance to capture the days' events, feelings, etc. I like to lie comfortably in my bed and just write whatever comes into my head. Mind you I don't go for fancy, stickers or any flash in my journal. Do you have a special place that you always like to sit and think? If so that is a great place to write. Is your house busy and loud? Then find a quiet room or time that it isn't, you want to be able to sit and think about your day. Like I said, my space is in bed and my time is last thing at night. I didn't journal during my treatments and only began to journal after my husband passed away. That time is my alone time and that space is very much my space. Some people like the mornings and prefer to think and write at that time, others prefer evenings. It needs to be your time, your place. It is all about you, yep be selfish, be '[Happy Bunny](#)' and make it 'all about me'! Get your journal, pens, stickers, etc. all gathered together and make yourself comfortable. One additional item, that some people will suggest the use of is an egg timer or alarmclock. If you tend to go on and on, this could work to help keep you in check, if you can't figure out what to do, it can be used to brainstorm. I know for me, I would just focus on the egg time, but for others, it can be an amazing instrument, you may wish to consider using one. Take

a minute or two and think about your day. What was it like, have you had any special dreams or thoughts, did you visit your doctor, did you start a new treatment, did friends drop by, did you read something interesting that you want to remember, did you think of something you NEED to discuss with someone? These are all great places to start your writing from. If you use a timer set it for five minutes and open your journal and write. Again, I am not a supporter of the timer method, just because your days writings could be as small as a doodle, a sticker, one word or a scribble, or it could be pages long filled with all kinds of stuff.

So, what do you write about, remember, it is your journal, it is your life, it is for you! There is never a shortage of things one can write about when trying to conceive. There is a lot of physical information that goes into charting, moods swings, timing sex and most importantly the whole emotional roller coaster that you are riding. You can document how your fertility signs look and how you timed sex. Document the highs and the lows of your emotions as you deal with life in general. Keep track of how life spins as you find out that you are dealing with infertility, and how it twist as you learn that your best friend is accidently pregnant with her third child. Dealing with the infertility roller coaster ride is scary and hard, it is certainly easier if you have someone to hang on to. Journaling is an excellent place to start to deal with the ride. It can help to slow things down and put treatment and emotions into perspective for you. It is almost impossible to get off when it is going full force. Journaling is the easiest way to hold on and face the ride, [coaching](#) is the person to hang on to. The biggest difference with infertility and a real roller coaster is that with the real one, you know that the ride will end, and that cannot be said for all that deal with infertility. Your infertility ride may last for years, and for many it appears to have no end in sight. For some people it is easy to sit down and write the days events, how they felt, what they did, etc. For others, this can be work. You can use your journal to vent, to talk about your pain, to discuss family and friends and treatment options. You can use it to put down a favorite quote that you find says what you are feeling. You may not be prepared to get off your emotional roller coaster right now, but you do have the power to control parts of the ride. Sometimes it doesn't feel that way, but you have the power to control the choices you make. Journaling helps you can put things on paper and look at them and realize what they are. You have a means of looking at the progress, and slips, in your treatment and your own mental health. Seeing things on paper means that you can see any possible warning signs of physical and mental health issues. What you write down can also be used to talk to your medical professionals or '[Family Planning Coach](#)' and allows you to better communicate with your partner. You will never be able to stop being infertile, but you can look at all your options, consider how you are dealing with things and choose what is next on your emotional journey.

Now you have the tools to help you journal. Remember it is your journal, nothing is right or wrong. For many, writing is been an escape for reality and an emotional release. I hope this article gives you the sills and know how to create the escape and release that you need. Not everyone needs to do a complete journal, put if you are dealing with infertility , it is important that you at least keep a notebook and a pen handy for those days when you need to vent, or remember something important.