



My roles and identities: who am I?

When trying to conceive, it's easy to lose sense of who we are, our identity. It almost feels like fertility takes over our lives and we don't engage with activities/roles/people who used to make us happy or give us a sense of pleasure and accomplishment. This is a journey of self-discovery. Even though 'trying to conceive' is part of your life at the moment, take time to reflect on the roles and identities you used to have before and write them in the first circle (for example, friend, daughter, wife, sister, professional, hobbies, activities). On the second circle, choose the roles and identities you want to reincorporate in your life.

Two identical circular diagrams are presented side-by-side. Each circle is divided into eight equal segments by a vertical line, a horizontal line, and two diagonal lines. The right-hand circle has the text 'Trying to conceive' written in its top-right segment. The left-hand circle is empty.