

# Overcoming The Lifelong Losses Of Infertility To Define Your Own Happy Ending

Infertility is a devastating diagnosis that can rob women of their dreams of becoming mothers. It is a condition that can lead to feelings of loss, grief, and isolation. But it is possible to overcome the lifelong losses of infertility and define your own happy ending.



## Ever Upward: Overcoming the Lifelong Losses of Infertility to Define Your Own Happy Ending

by Justine Brooks Froelker

★★★★☆ 4.2 out of 5

Language : English  
File size : 1320 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 180 pages  
Lending : Enabled



## The Losses of Infertility

The losses of infertility are profound and far-reaching. They can include:

- The loss of the dream of having a child
- The loss of the experience of pregnancy and childbirth
- The loss of the bond with a child

- The loss of the future you imagined for yourself

These losses can be incredibly painful and can lead to feelings of depression, anxiety, and isolation. It is important to grieve these losses and allow yourself time to heal.

## **Overcoming the Losses**

Overcoming the losses of infertility is not easy, but it is possible. Here are some steps that can help:

- **Allow yourself to grieve.** It is important to grieve the losses of infertility in order to heal. Allow yourself to feel the pain and sadness. Do not try to suppress your emotions.
- **Seek support.** Talk to your partner, family, friends, or a therapist about your feelings. Sharing your experiences can help you to feel less alone.
- **Find meaning in your life.** Even though you may not be able to have children, there are other ways to find meaning in your life. Pursue your passions, volunteer your time, or travel. Find something that brings you joy and fulfillment.
- **Explore other options.** If you still desire to have children, there are other options available to you. Adoption, surrogacy, and donor eggs are all possible ways to build a family.
- **Define your own happy ending.** Your happy ending may not look like the one you originally imagined, but it can be just as fulfilling. Allow yourself to be open to new possibilities and create a life that is full of love, joy, and purpose.

Infertility is a devastating diagnosis, but it is not a life sentence. It is possible to overcome the lifelong losses of infertility and define your own happy ending. By grieving your losses, seeking support, finding meaning in your life, exploring other options, and defining your own happy ending, you can create a life that is full of love, joy, and purpose.



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