

Losses and Gains

The birth of a baby always brings both losses and gains. These will be different for each person. Select the statements that reflect YOUR experience of loss and gain, and put them on the scale below.



Gains:

- 1 A child to love
- 2 I'm a mother
- 3 I'm a father
- 4 A child to love me
- 5 Something in common with other women/men
- 6 Our family line will continue
- 7 I have a family
- 8 The joy of being with the new baby
- 9 I'm needed
- 10 People regard me as more adult
- 11 I'm fertile
- 12 A beautiful baby
- 13 Continuing the family name
- 14 We've created a new life
- 15 Other: _____
- 16 Other: _____
- 17 Other: _____



Losses:

- 1 My freedom
- 2 My body shape
- 3 Social and leisure activities
- 4 Time with my partner
- 5 My personal independence
- 6 My freedom to spend our money
- 7 Feeling carefree and confident
- 8 My body is not my own
- 9 My professional self
- 10 My financial independence
- 11 Going to the pub/running/golf/computer/football
- 12 Someone who is interested in what I did today
- 13 Relaxing after work
- 14 Income
- 15 My youth
- 16 Other: _____
- 17 Other: _____

