

COMMON THINKING TRAPS WHILE FAMILY PLANNING

ALL OR NOTHING THINKING



What It Is: Seeing things as black/white; no middle ground.

It Sounds Like: "If I don't feel instantly excited about having kids, it must mean I'm not cut out to be a parent."

The Shift: Find the middle ground. Parenthood and preparation are filled with shades of gray, not just black or white.

What It Is: Rigid rules or expectations for yourself.

It Sounds Like: "I should be enjoying every moment of this pregnancy/trying phase, not feeling this stressed."

The Shift: Identify the rule-maker. Ask: 'Who set this expectation, and why must I follow it?' Give yourself permission to feel what you feel.



CATASTROPHIZING



What It Is: Expecting the worst possible outcomes.

It Sounds Like: "If I gain too much weight this pregnancy, I will never look or feel like myself again."

The Shift: Question the 'Never.' Identify one core part of your identity that pregnancy cannot fundamentally change. Focus on your inner resources.

What It Is: Predicting a negative future outcome without concrete evidence.

It Sounds Like: "Because a friend or family member had a traumatic birth experience, I will too."

The Shift: Separate probability from possibility. Focus on the steps you can take today to feel prepared, not fearful.



EMOTIONAL REASONING



What It Is: Believing feelings must reflect facts.

It Sounds Like: "I feel anxious, so something must be wrong with my baby."

The Shift: A feeling is not a fact. Name the emotion, then check for evidence.