

# Head / Heart DIAGRAM

When faced with an unexpected pregnancy, you may feel very conflicted. Your heart may feel one way and your head might be focused on the problems this pregnancy could bring.

## FILL IN THE CIRCLES TO EXPLORE YOUR THOUGHTS & BELIEFS

### Step One

#### **CIRCUMSTANCES** (Situation)

Pressures like finances, relationships, and education are real and can't be ignored. However, circumstances can change over time, and it's important not to make big decisions solely on current circumstances.

### Step Two

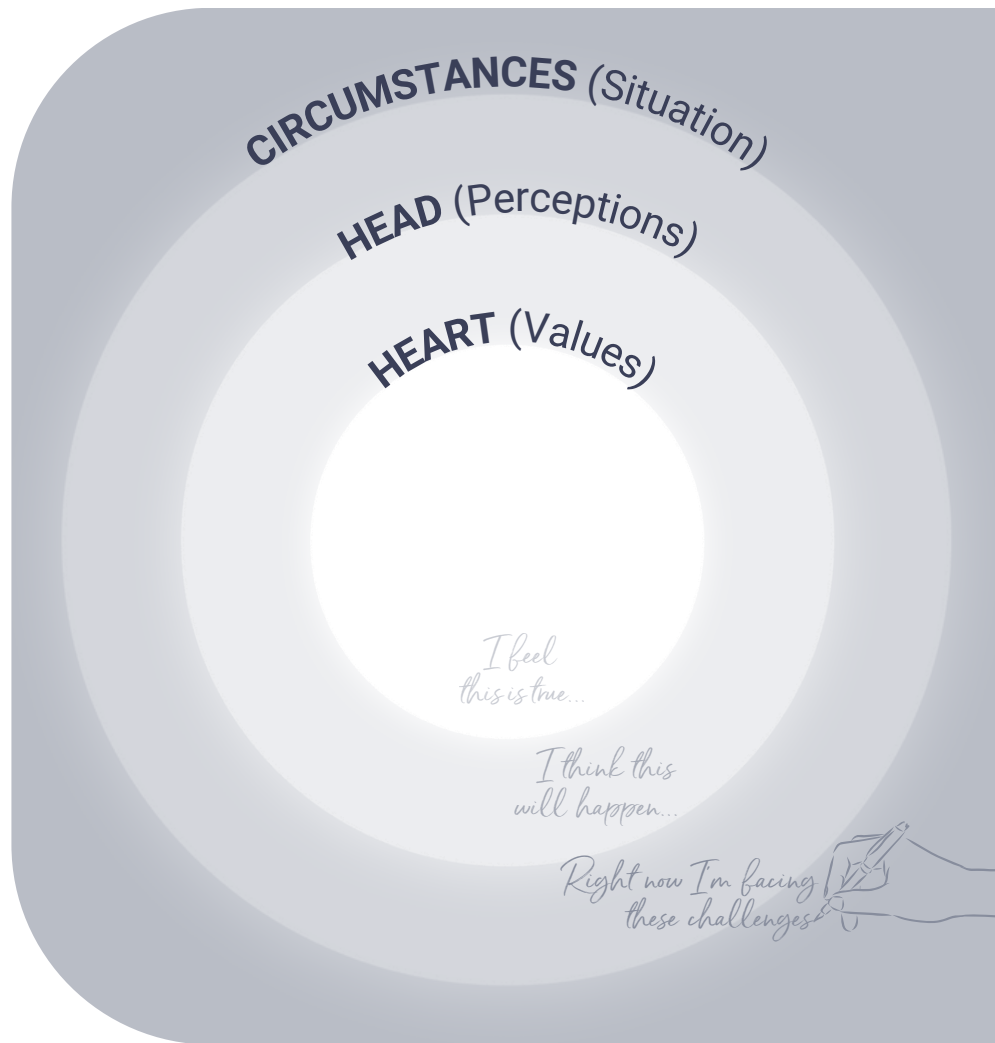
#### **HEAD** (Perceptions)

What are you saying to yourself about your circumstances? Could it be seen another way? Sometimes our perceptions can be wrong and mislead us if they are based on fear, misinformation, or lack of knowledge.

### Step Three

#### **HEART** (Values)

Gently but honestly explore your conscience, instincts, and beliefs. What are your values regarding abortion, adoption, parenting, when life begins, and taking care of your body.



### GETTING TO THE HEART OF THE MATTER:

Once you've had time to explore each area, take some time to reflect and make a choice about what to do with what's in your heart. If you need to talk to someone, help is available on our website:  
[pregnancycarecanada.ca/looking-for-help](http://pregnancycarecanada.ca/looking-for-help)

# The Head / Heart Diagram

**CIRCUMSTANCES (Situation)**

**HEAD (Perceptions)**

**HEART (Values)**

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