

Big Helps From a Birth Mother's Perspective

1. A counselor
2. A support system
3. Writing
4. Faith

A counselor, a support system around you, writing, and faith can help you cope with your adoption decision. You may grieve the life you could have had with your child or missing them.

A Different Way to Think About Grief

Think of grief like rocks. Imagine you are told you have to carry these rocks around forever. These rocks represent your loss, whether that's the death of a loved one, a shifting change of plans, or choosing adoption. So, you put these rocks in your pocket. At first it's bulky, heavy and strange. It weighs you down, it's difficult. It gets in your way of life. Depending on how hard the situation is, the heavier the rock is.

However, the longer you carry the rocks, you become used to them. They don't disappear, but since you've carried them awhile, you grow stronger. Sometimes you forget you have them, until you need to reach into your pocket and you are reminded they are there. That reminder may be your child's birthday, or a day you are just missing them, so you feel the weight again but it's easier each time.

It is possible to heal after adoption. You don't have to do it alone.

Preparing for Feelings After Placement

While you can't fully understand until you've walked through it yourself...it is helpful to learn what to expect by talking to other birth moms. The good parts, and the hard ones. It is also helpful to have a counselor to talk through any worries and emotions, as they pop up. Journaling is good to let out your feelings. Pushing down feelings is like shaking a closed soda bottle—eventually it'll explode and be a mess. But, letting out feelings, as they come, is like slowly opening the cap to relieve the pressure. Grief isn't a debilitating loss, when it is handled well.

Talking about the hurt and the joys adoption can bring is healthy.

Adoption is not always easy. You will have sacrifices and grief to work through. But, so does parenting or abortion, in their own way.

You don't have to walk alone through your healing.