

Fun Facts About Courtney

Courtney is a storyteller.

Courtney is an author.

Courtney loves ice cream.

Courtney used the phone book to look up adoption agencies, because Google wasn't invented yet.

Courtney did not grow up in a two parent home.

Courtney's nickname in high school was ugly.

Courtney got pregnant her senior year in high school.

Courtney's parent took her to an abortion clinic to terminate the pregnancy. They were not in favor of her adoption plan.

Courtney did not find a birth mom support group until just a few years ago.

In the beginning, Courtney only told two people about her adoption placement.

Courtney felt scared and uncertain at the time of the adoption placement.

She started her freshman year in college one week after giving birth. She exercised five hours a day. She ate a lot of food. She had an eating disorder (binging and purging).

She grieved the adoption placement by compartmentalizing her life. At first, she pretended it did not happen. She had unhealthy life habits. When she got to the healthy side of coping, she went to therapy to discuss the adoption. She also found a birth mom support group.