

# How to Stop Obsessing About Getting Pregnant



Take Back  
Control By:  
Observing where  
your focus is  
going

There are many ways that we might be feeling a little out of control and feeling like we need to 'let go' a bit on our fertility journey.

For some it may be healing what they have already been through, for others it is a deeper look at how they feel about themselves and their self-worth, for others it is about setting boundaries or not trying to obtain perfection and so much more.

So the best way to set yourself up for success is to have awareness of what things are keeping you where you are and set your environment up to support you.

Today we will look at where your focus is going and how.

# Take Back Control Day 1

Where is your focus going?

Step 1: Awareness - Notice where your focus is going throughout the day. And every time you notice it, notice also how you feel. A great way to write it down is think about what you are doing, what are the thoughts and how you are feeling.

Where am I, what am I doing? \_\_\_\_\_

What is the thought? \_\_\_\_\_

How does it make me feel? \_\_\_\_\_

Make your observations below.

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# Take Back Control Day 1

Analyse your day

**What situations can you identify that are keeping you stuck?  
What are the usual thoughts and emotions?  
Can you see any patterns?**

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