

Choosing Not to Move Forward with a Pregnancy

If you are at the point where you have made the decision to end a pregnancy, you are not alone. This is often a very difficult decision and a choice that many individuals and couples make for a variety of reasons. It is incredibly personal. Often times, this is a choice that is made in cases where the pregnancy was planned and wanted, and this can make such a decision even more heart-wrenching. The decision to end a wanted pregnancy is never an easy one, regardless of one's personal views on abortion.

Your doctor or healthcare provider should be able to walk you through all of the logistics of this process and support you, however, we have a list of some supportive resources below.

Online Resources

www.ahartbreakingchoice.com

This website supports women who have made the “Heartbreaking Choice” to end a much wanted pregnancy due to a prenatal diagnosis, problems with their own health, or for the health of another fetus (selective reduction).

Publications

[A Mother's Dilemma](#), by Wendy Lyon, Molly A. Minnick. Pineapple Press, 1993. (You have to scroll down to view this item when you click on the link)

[A Time to Decide, a Time to Heal: For Parents Making Difficult Decisions About Babies They Love](#), by Molly A. Minnick, Kathleen J. Delp, edited by Mary C. Ciotti. Pineapple Press, 2000.

[Precious Lives, Painful Choices: Prenatal Decision-Making Guide](#), by Sherokee Ilse. Wintergreen Press, 1993.

[Our Heartbreaking Choices: 46 Women Share Their Stories of Interrupting a Much-Wanted Pregnancy](#), by Christie Brooks. IUUniverse, 2008.

[Difficult Decisions: For Families Whose Unborn Baby Has a Serious Problem](#), by Patricia Fertel. Centering Corporation, 2004.

[Precious Pregnancies Heavy Hearts: A comprehensive guide for families facing painful choices about their pregnancy and for all who share their pain](#), by Carole Smarr. 2006

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