



## EP 051: The “What If?” Questions on a Fertility Journey

This is the Fertile Mindset Podcast, where we explore all the emotional aspects of fertility to support you on your path to parenthood. My name is Sarah Holland. I'm the Fertile Mindset coach and a mother to two children after my own fertility challenges. I hope you find all the support and inspiration you need within this podcast, to carry you forward on your fertility journey towards your own successful outcome.

It's also my wish that through listening to these episodes, you rediscover how to enjoy life now and live it to the full while you wait for your baby.

Now let's begin today's episode.

Hello and welcome back to the Fertile Mindset Podcast. It's lovely to have you back here with me, and as always, I hope you find listening in both supportive and inspiring. I know how hard it can be to find people who truly understand what it is like to be facing fertility issues when you try for your baby, so I hope that this podcast reassures you that you are both normal in the way you are feeling, and that you're not alone in your experience either.

Now, today the sound quality may be a little different. My office is very noisy with a huge rainstorm going on outside, so I've moved into my wardrobe to record this for you. Now, it is a walk-in wardrobe, like a tiny little room, I'm not sitting in a cupboard or anything! And I hope you can hear me clearly without any rain or wind noise, in the background.

Today I want to speak to you about the "what if...?" questions and thoughts that can keep us up at night. In the middle of the night, when the house and world outside is quiet, all we have are our thoughts, and it's this quietness that gives them the space to be fully heard. When we're busy with work or whatever we're doing during the day, we can often distract ourselves and not be all consumed by the thoughts. They'll still be there of course, and you may find they come to the surface whenever there is space during the day too. Maybe when you're driving, when you try to switch off by meditating or reading a book – and that's when your mind springs into life presenting you with all the questions that you don't want to think about, questions that you don't have answers for, or you don't want to know the answers.

It's those fear-inducing hypothetical questions that lead us down a path of catastrophising and thinking of all the worst possible outcomes. Which of course then trigger worry and fear. Then there's the fear of even going to those questions

and asking them to yourself and admitting that that worst-case scenario could even exist.

The fear of what the answers to the “what if” questions could be, and the fear that it may need to be faced means that we can tend to avoid these questions, keeping them at arm’s length and trying really hard not to let them into our thoughts at all. Until they do come in, that is. When your defences are down – when you’re not distracted – and then it can feel like a battle, can’t it? The thoughts coming in and you fight to push them away and to not go there.

So what do I mean by "what if" questions?

These are questions that ask what if and wonder about the future and how this is all going to turn out. They could include:

"What if I don't get pregnant this year?"

"What if I don't have a baby by the time, I'm 35, 40, 45 or whenever?"

"What if we have to do IVF and can't afford it?"

"What if we try to adopt and they turn us down?"

"And what if I never have a baby?"

You may have your own versions of these "what if" questions that touch on your biggest fears, your own personal, worst-case scenarios, and they can very quickly send you into catastrophising, and experiencing the same level of stress you would if this fear was a reality.

But it isn't a reality. It isn't happening now. It is just a thought.

While you have fears and worries triggered by thoughts of the "what if" questions, you are unlikely to want to bring them to mind. Which means you are not allowing yourself to sit with them, to explore them, and see what perspectives and options may be possible. They just sit there, lurking in a dark corner of your mind, feeling threatening and worrying.

Now, if we manage to take away the fear of the future and its uncertainties, we can live a more present life and without struggle. We can even reflect on the "what if" scenarios and see what answers or outcomes come to mind that we hadn't previously considered. Using EFT tapping on the questions, the thoughts, and the feelings that arise will help you find clarity and resilience to move through them. If I hadn't ever faced my own "what if I never get pregnant?" question I would have never taken the time to consider other routes to parenthood, have researched and explored adoption, and finally adopted our baby boy. Allowing myself to get comfortable with the "what if", helped me to feel safer thinking about the future, and we did conceive our first baby too once the pressure was off. Now, did that lack of pressure, the release of fear about the future, help us to conceive more easily? We'll never know, but I do know that once I wasn't living under the dark cloud of “what if I never have a baby?” I felt more comfortable with researching my options and seeking solutions, which, yes, did eventually then lead us to conceiving our first child, and then adopting our second.

And that's what I'd love for you as well, to have a freer, more comfortable experience of navigating your way through fertility issues, and towards welcoming your baby – however, that happens.

Now I mentioned using EFT, which I'm sure for any long-time listeners to this podcast, won't come as a surprise! I adore EFT and the clarity and truth it takes us to. If you have nagging worries and fears around your fertility and the future, EFT will help you release the thoughts and feelings that really aren't needed right now. And once they are released, this clears the way and leaves space for your most naturally supportive mindset to come forward.

From this place you can more clearly think about the problems or obstacles in your way, you can research and seek out solutions without a feeling of pressure or stress. You can know yourself and what you need to make your way through this journey feeling as whole, resilient, and calm as possible.

Working with these "what if" questions really is a game-changer and can alter your whole perspective on your fertility situation.

So, if this sounds like something you'd like to experience, I'd love you to consider which "what if" questions are present for you. Which bring up worry and fear and get clear on them. You may want to write them down, so you can see the words on paper that you've been trying to push away. Then notice the feelings that come up, notice any discomfort you feel in your body too, and tap through with and through them.

There's a fully guided experience of using EFT in episode 20 that you can listen to straight after this, that will help you using EFT, and the words you may want to use could include a setup phrase while tapping on the side of the hand of:

"Even though this question, "what if I never conceive a baby" (or you can add your own question there), is bringing up all this worry and fear, I accept all these feelings and I deeply and completely love and accept myself"

Or you might say "Even though this question, "what if I never conceive my baby", is something I don't even want to think about, I wonder how releasing this fear would help me."

In my tapping, I also love to bring in phrases such as "I'm open to a new perspective" or "I wonder how else I could feel" as these phrases don't force you to feel positive when you really might not be feeling it, but instead encourage and invite in a new way of looking at things, that can lead you to your own most authentic way of being in this situation. This is where you can then connect with your creativity, your strength, your tenacity and your calm and peace of mind too.

As I say those words, I'm thinking how much I really want that for you, as I know what a difference it can make to even the most difficult and challenging of fertility journeys. So if you use EFT already, great – I invite you to tap on your own "what if" questions and be curious about the outcome, and if you're new to EFT – there's support for you here too, by both listening to episode 20 where you'll receive my full tuition and guidance in using EFT, and also by joining my fertility support membership, the Fertile Mindset Sanctuary where even by joining the free level of membership you will receive so much support in using EFT on your fertility journey. If you're not with us in the Sanctuary yet, do come over and join us at [www.fertilemindset.com/sanctuary](http://www.fertilemindset.com/sanctuary).

So that's it for today – but before we go, I want to acknowledge what a big topic this will be for many of you, and I want you to be gentle with yourself as you connect with and tap through these questions and the emotions related to them. If you'd like to get in touch and ask me anything about this, or anything we talk about in this podcast, then please do reach out to me at [mail@fertilemindset.com](mailto:mail@fertilemindset.com).

Sending you so much love and support, and I look forward to speaking with you again next week on the Fertile Mindset Podcast.

Thank you for listening to the Fertile Mindset Podcast.

If the topics talked about here sounded like I was speaking directly to you and your thoughts, then I would really love to invite you into the Fertile Mindset Sanctuary.

This is my fertility support membership, where you can free yourself from stress, worry and any emotions that don't feel helpful, so you can then create a naturally supportive mindset, your Fertile Mindset.

In the Sanctuary I'll guide you through using the emotional healing technique I use at Fertile Mindset called EFT, and you'll soon be feeling less stressed and more joyful.

If you're not already in the Sanctuary, do come and join us now, starting with the BUD level of membership, which is completely free of charge.

Go to [www.fertilemindset.com/sanctuary](http://www.fertilemindset.com/sanctuary) to join, and then watch the welcome class, which will give you a fast start into taking back control over the emotional side of your fertility.

I look forward to seeing you there, and at the next episode of the Fertile Mindset Podcast.