

Why avoid this question?

Because it compares two different fertility journeys. The person we are talking to may not have a child in the end. Because it highlights an injustice, this comment can be particularly painful to hear.

This comment can add pressure on the person suffering from infertility and increase their anxiety.

They might feel inadequate or like they have "failed." Remember that infertility is no one's fault: it's not something that can be controlled.

Because it can increase feelings of loneliness in people suffering from infertility. Infertility is still considered taboo, even though 1 in 6 people suffer from it. Focusing only on happy endings risks further isolating individuals whose fertility journey did not work the way they had hoped.

What can we say instead?

Although I haven't experienced it personally, someone close to me has helped me understand that it's an long journey through uncertainty, with lots of emotional rollercoasters.

What can we do instead?

Don't compare their fertility journey to someone else's.

We can offer support without comparing their fertility journey to someone else's. Even though we'd like to be able to reassure them, it would not make their anxiety about infertility go away. It is better to listen to them and give them space to talk about difficult emotions if they wish to do so.

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Let's talk about infertility

Avoiding microaggressions

Toolkit #7

“ I know *someone* who had trouble getting pregnant — and then she had her miracle baby.



Learn why you should avoid asking this question and what alternatives you should use instead.



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