

MotherLover

decision making

B

What are the benefits of this?

How does this bring me closer to what I envisioned for my birth?

What good will come from this?

R

What are the risks of this?

Is this a present risk or hypothetical?

What is the likelihood of this happening?

A

What are the alternatives?

Is there a middle ground?

How can I get more options?

I

What does my intuition say?

If I wasn't afraid, what would I choose?

What choice *feels* most right?

N

How much time do I have to decide?

Is this a now-or-never situation?

How urgent is this?