



Fertility Stress Index

Please read the following statements and honestly rate yourself on a scale from '0' to '6'. (0 – does not apply to me whatsoever, 6 – strongly aligns with how I feel)

1. I feel as though my body is failing me.

0 1 2 3 4 5 6

2. I feel the universe is against me.

0 1 2 3 4 5 6

3. My body is not capable of being pregnant.

0 1 2 3 4 5 6

4. I feel like I am being punished somehow

0 1 2 3 4 5 6

5. I don't feel attractive anymore.

0 1 2 3 4 5 6

6. I feel like less of a woman.

0 1 2 3 4 5 6

7. I'm don't enjoy intimacy with my partner.

0 1 2 3 4 5 6

8. I no longer feel sexy.

0 1 2 3 4 5 6

9. I dread going to family events.

0 1 2 3 4 5 6

10. I feel very triggered when I see pregnant women or babies.

0 1 2 3 4 5 6

11. I don't enjoy wearing flattering clothing

0 1 2 3 4 5 6

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12. I have lost faith in my body

0 1 2 3 4 5 6

13. I feel alone.

0 1 2 3 4 5 6

14. I have difficulty reaching orgasm with intercourse.

0 1 2 3 4 5 6

15. I dread intercourse.

0 1 2 3 4 5 6

16. I feel very stressed/anxious/depressed when my period arrives

0 1 2 3 4 5 6

17. I often wonder whether I am not meant to conceive.

0 1 2 3 4 5 6

18. I don't feel a connection to my partner.

0 1 2 3 4 5 6

19. I feel I can't talk about my infertility with friends or family.

0 1 2 3 4 5 6

20. No one seems to understand what I am going through.

0 1 2 3 4 5 6

21. I'm starting to think maybe I don't deserve to be happy.

0 1 2 3 4 5 6

22. I identify myself as having infertility.

0 1 2 3 4 5 6

23. I don't like talking about my infertility with anyone.

0 1 2 3 4 5 6

24. I feel sometimes any emptiness in my pelvis

0 1 2 3 4 5 6

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25. I feel like I am letting my partner down.

0 1 2 3 4 5 6

26. I wonder if I am unworthy of conceiving a child.

0 1 2 3 4 5 6

27. I feel very angry at the world.

0 1 2 3 4 5 6

28. I wonder if I'm not trying hard enough to work on improving my fertility.

0 1 2 3 4 5 6

Assessment:

0-56 – Mild Fertility Stress – I feel the effects that my fertility challenges have on my mental well being and body, but I have lots of support and tools to help myself manage and I am able to stay in an overall mindframe of positivity, self awareness and gratitude.

57-112 – Moderate Fertility Stress – I find myself burdened mentally by the ongoing stress of my fertility challenges. I feel more triggered by reminders of my fertility challenges, I feel more drained thinking about my infertility. I am finding it more difficult to stay positive and hopeful. I am starting to feel some strain in my relationship and a lack of connection to support and self care.

113-168 – High Fertility Stress – I am constantly ruminating and worrying about my fertility. Every step feels mentally and physically draining. I don't feel connected to my partner and feel very isolated from friends and family, often I feel I am alone in this journey. There is a high degree of shame around my fertility that I hold in side, I don't feel confidence that I will be able to conceive, I feel as though there is something wrong with me, or that I am letting my partner down. I feel a lack of support for my situation and have not been able to adequately self-care.

** If you categorized yourself in the High Fertility Stress range, you may also be suffering from Fertility PTSD. Working with a fertility counsellor or supportive mental health practitioner would be highly recommended.