

Honoring Missed Motherhood

DISCUSSION QUESTIONS

Missed Motherhood categories:

- **inability to have children you want**
- **end of a pregnancy, wanted or not**
- **placing of a child for adoption**
- **chose not to have children**
- **missed opportunity to conceive/ended up without children**

1. What is your experience of missed motherhood? What happened? events & feelings
2. How old were you at the time of the events and your age now?
3. What is/was the loss you experienced?
4. How was the loss acknowledged? Absence of acknowledgement by you/by others ?
5. Did you feel supported in your loss? Where/How did you find support?
6. What would real support look like for you? for other women?
7. What resources were available to you at that time?
8. If it was a choice, was it a clear choice? Did you feel supported in your choice?
9. What did you gain by your choice? What have you lost?
10. Did you do anything to acknowledge your choice?
11. Did you find a way to process the missed motherhood experience?
12. What would you have liked to have happen that didn't happen?
13. What effect did the experience have on your life then & now?
14. How do you hold this in your life now? Do you ever think about it? When and how?

For Women who are Childless or Child-free (in addition to above questions)

15. As a woman without children, how do you feel you are received/perceived?
16. Do you feel you need to defend your choice or explain your childlessness?
17. Is it OK to acknowledge you missed out or does that feel traitorous to self or partner?
18. Were you ever pregnant? miscarriage/abortion?

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