

Introduction

This lesson can help you make a decision between parenting your child and choosing a family who wants to adopt your child. For now, try to keep an open mind about your options. You will have an opportunity to think through your dreams, your story, and your values to set you up to make the best decision possible.

Dreams

Talking about dreams is like talking about the future, or what you hope will happen down the road. Some dreams may be within your reach. One type of dream is about yourself—about who you will be as a person. If dreaming these things for yourself feels unsafe, it may be easier to dream for your baby. Who do you want them to grow up to be? Another type of dream is about your relationships and accomplishments. Do you want you or your baby to have good friends who really care about others? Maybe you hope your child will grow up and finish high school, go to college, and have a successful career. Any of these would be great dreams to have for yourself.

It'll take hard work to move toward those goals and dreams, and you will likely have to make some hard decisions. But when you know what dreams you're working toward, the hard times have a purpose.

Story

Now we turn to the past, to your story. Your story, like mine, is shaped by your past decisions. You may have made some of these decisions yourself, and other people may have made some decisions for you, maybe even decisions to hurt you. Some of our past decisions are good, and others are not so good. You can learn things from your story that will help you make better decisions now and in the future.

Values

Now let's turn to your values. Values are the things that matter to you. It's a good idea to think about your values so that you can make decisions that match and promote them. For example, if you value your family but haven't spent time with them in weeks, you should make a plan to get together more regularly.

Conclusion

By thinking through your dreams, story, and values for yourself, you can make sure that you are learning from your past, working toward the future you want, and living in line with your own values. It's not easy, but it's so worth it.

References:

Adapted from "Basic Decision Making" Anne Pierson of Loving & Caring ©2017 In partnership with Maternity Housing Coalition

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