



## Proven Methods for Couples to Cope with Infertility Stress

Couples dealing with infertility issues often underestimate the effects of stress on their relationships. Even partners with a strong, “we’re in this together” attitude can experience periods of anxiety as a result of their inability to conceive.

If you’re in a relationship and been unable to conceive after months (or even years) of trying, it’s critical not to allow infertility to ruin the deep connection you have spent so long developing. Infertility can cause a couple to grow apart. Many couples find themselves canceling or postponing previously scheduled family events to come in for monitoring appointments or treatment cycles. They also have the added demand of scheduling sexual activity around a woman’s “fertile window.” When it all becomes too much, I recommend that couples find ways to cope with their stress.

Below are four proven ways for you and your significant other to get through your infertility issues with a positive mentality:

### **1. Don’t make infertility the “elephant under the rug” no one discusses.**

Some couples tiptoe around the issue of infertility, all the while boiling below the surface like a simmering kettle on the stove. Instead of sitting back and waiting for the lid to be blown off by a sudden burst of steam, acknowledge the problem. The longer you ignore it, the more of a threat it becomes. Feel comfortable talking with your partner about any previously avoided thoughts and feelings related to your infertility. Acceptance of these things may help to reduce stress.

### **2. Don’t accuse one another or accept abusive talk from others.**

Infertility isn’t anyone’s fault. It’s simply a fact of life for many couples. Consequently, if your partner is infertile, it is unacceptable to treat him or her badly. Period. Additionally, it may be necessary to “stick up” for one another if relatives or friends are critical or rude. Be prepared to take a stand if need be, avoid being overly sensitive to passing remarks.



**3. Don't define your relationship by your inability to naturally conceive a child.**

The fact that you are having difficulty conceiving does not mean you are any less of a couple. Infertility is only one aspect of your relationship and needs to be treated as such.

**4. Seek professional help if your infertility issues become too big to handle alone.**

There is no reason to “go it alone” when it comes to infertility. If your problems are driving a wedge between you, individual and couples counseling may be the best solution. Any reputable reproductive health clinic should be able to assist you in finding the perfect counselor for your needs.

Don't allow your relationship to become a casualty of infertility. Instead, head off problems before they grow too large. When you take proactive steps, you'll wind up with a stronger, healthier bond than before.