

INFORMED | PREPARED | EMPOWERED | HOPEFUL

The CONCEPTION CODE™

A 4-Step Fertility Roadmap to Cut Through
Confusing Advice, Take Control of Your Journey,
and Create a Clear Plan for Conception
in Just 30 Days

*The right
information
can change
your journey.*
♡

The Conception Code™



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A 4-Step Fertility Roadmap to Cut Through Confusing Advice, Take Control of Your Journey, and Create a Clear Plan for Conception in Just 30 Days

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CHAPTER 1

Nobody Warned You How Lonely Trying for a Baby Can Feel

Trying to have a baby is supposed to be exciting.

At least, that is what most of us are taught to believe.

You grow up hearing stories about pregnancy announcements, baby showers, tiny clothes, first kicks, and happy families holding newborns. You are taught how pregnancy changes a woman's body, how childbirth can be difficult, and how demanding motherhood can be.

But very few people talk honestly about what happens when you want a baby—and it doesn't happen as quickly as you expected.

Nobody really prepares you for the waiting.

Nobody prepares you for counting days.

For checking your body for signs.

For wondering whether that slight cramp means something.

For staring at a pregnancy test.

For seeing one line.

And then somehow having to continue with your normal day.

You may still go to work.

Cook dinner.

Reply to messages.

Smile at people.

Attend church.

Visit family.

Scroll through social media.

All while carrying a disappointment that nobody around you can see.

That is one of the hardest parts of trying to conceive.

Sometimes, the pain is invisible.

The Monthly Emotional Cycle Nobody Talks About

For many women, trying to conceive can slowly become an emotional cycle of its own.

It may look something like this:

Hope

“This could be the month.”

You feel optimistic again. You tell yourself not to overthink things. You try to stay positive.

Maybe you pay closer attention to your cycle.

Maybe you make plans.

Maybe you quietly imagine what life would look like if this month were different.

Waiting

Then comes the waiting.

And suddenly, time moves slowly.

Every little sensation in your body can feel important.

You may wonder:

- 🐼 Is this normal?
- 🐼 Is this a sign?
- 🐼 Why do I feel this way today?
- 🐼 Should I take a test?
- 🐼 Is it too early?
- 🐼 Should I wait another day?

You may promise yourself that you will not search online.

Then search anyway.

Testing

This can be one of the most emotionally charged moments.

Some women delay taking a test because they are afraid of disappointment.

Others test early because waiting feels unbearable.

And sometimes, even before taking the test, you already feel emotionally exhausted.

Because deep down, you know what is at stake.

It is never just about one test.

It represents hope.

Possibility.

Another chance.

Disappointment

Then your period arrives.

Or the test is negative.

And suddenly, you are back at the beginning.

Again.

For some women, this disappointment passes quickly.

For others, it can feel like grief.

You may not even know how to explain why you feel so sad.

After all, some people may say:

"You can always try again."

But sometimes, that sentence doesn't help.

Because you already know you can try again.

The difficult part is knowing how many more times your heart can keep going through the same emotional cycle.

You Can Feel Lonely Even When You're Not Alone

One of the strangest things about fertility struggles is that you can be surrounded by people and still feel completely alone.

Your partner may love you deeply.

Your family may care about you.

Your friends may be supportive.

But unless someone has experienced something similar, it can be difficult for them to understand what is happening inside your mind.

They may see you living your normal life.

They may not realise that you are secretly calculating dates.

Or thinking about your age.

Or wondering whether you waited too long.
Or blaming yourself for things that may not even be your fault.
You might attend a friend's baby shower and genuinely feel happy for her.
And still go home and cry.
Both things can be true.
You can love someone and still feel pain when they receive something you desperately want.
That does not make you jealous.
It does not make you a bad friend.
It makes you human.

The Questions People Ask Without Realising the Weight of Them

Depending on your culture, family, age, or relationship status, people may ask questions that feel harmless to them—but heavy to you.

Questions like:

“So when are you giving us a baby?”
“What are you waiting for?”
“You have been married for how long now?”
“Don't wait too long.”
“Have you tried this medicine?”
“My neighbour used this herb and got pregnant immediately.”
“Maybe you are thinking about it too much.”

Sometimes these comments come from people who genuinely mean well.
But good intentions do not always make painful questions easier to hear.
And after hearing the same questions repeatedly, you may begin to dread family gatherings.
You may avoid certain conversations.
You may stop answering calls.
You may feel anxious whenever someone older asks to speak with you privately.
Because you already know what they might ask.
The Pressure Can Become Even Harder When Everyone Has an Opinion

Trying to conceive can make you feel as though everyone suddenly becomes an expert on your body.

Someone tells you to relax.

Someone tells you to gain weight.

Another person tells you to lose weight.

Someone recommends a supplement.

Someone recommends an herb.

Someone tells you to travel.

Someone says it is spiritual.

Someone tells you to pray harder.

Someone says you need to stop thinking about it.

And before you know it, you have twenty different pieces of advice—and no idea what actually applies to you.

This is where many women become exhausted.

Not because they aren't trying.

But because they are trying everything.

And when you try everything at once, it can become difficult to know what information is useful, what information is irrelevant, and what questions need to be discussed with a qualified healthcare professional.

This guide is not here to tell you that one simple trick will solve everything.

There is no magic food.

No guaranteed tea.

No perfect supplement.

No secret position.

No universal fertility formula.

Every person's situation is different.

And that is exactly why clarity matters.

When Trying to Conceive Starts Taking Over Your Whole Life

At first, trying to conceive may simply be something you are doing.

But over time, for some women, it can become something they are constantly thinking about.

You begin measuring life in cycles.

You make decisions around dates.

You calculate.

Track.

Wait.

Hope.

You may start seeing pregnant women everywhere.

Every pregnancy announcement may suddenly stand out.

Every baby advertisement may catch your attention.

Every time someone posts an ultrasound photo, you may feel something inside you shift.

Slowly, your desire to become a mother can begin taking up more and more emotional space.

Until one day, you realise:

"I don't remember the last time I went through a full day without thinking about this."

That is when it becomes important to pause.

Not because you should stop wanting a baby.

And not because you should "just relax."

But because you deserve to remain a whole person while you are on this journey.

You are more than your cycle.

You are more than a negative test.

You are more than the number of months you have been trying.

You are more than a question someone asks you at a family gathering.

Your life has not stopped because this part of your journey feels uncertain.

The Things Women Quietly Blame Themselves For

When something isn't happening the way we hoped, the mind often starts searching for someone or something to blame.

And sometimes, that person becomes you.

You may have asked yourself:

- 👂 Did I wait too long?
- 👂 Did I make a mistake years ago?
- 👂 Is my body failing me?
- 👂 Did I do something wrong?
- 👂 Should I have been healthier?
- 👂 Should I have known something sooner?
- 👂 Is this happening because of something I did?

These thoughts can become very heavy.

But self-blame is not the same thing as understanding.

Blaming yourself does not give you more clarity.

It only adds shame to an already difficult experience.

There may be things you can learn about your health.

There may be questions worth asking.

There may be information worth gathering.

There may be lifestyle habits worth discussing with a qualified professional.

But there is a difference between becoming informed and becoming cruel to yourself.

This guide will always encourage the first.

Never the second.

You Are Allowed to Want Answers

You are allowed to be confused.

You are allowed to want more information.

You are allowed to ask questions.

You are allowed to say:

"I don't understand."

You are allowed to seek professional support.

You are allowed to take notes during appointments.

You are allowed to ask someone to explain something again.

You are allowed to protect your emotions.

You are allowed to take breaks from conversations that hurt you.

And perhaps most importantly:

You are allowed to stop pretending that you are fine when you are not.

You do not have to perform strength every day.

Sometimes strength looks like continuing.

Sometimes strength looks like asking for help.

Sometimes strength looks like admitting:

"This journey is harder than I expected."

A Gentle Truth Before We Continue

If you have been trying to conceive for some time, you may already have read dozens of articles.

You may have watched videos.

Joined Facebook groups.

Downloaded apps.

Saved Instagram posts.

Taken advice from friends.

Spoken to doctors.

Prayed.

Cried.

Started over.

So, I don't want to give you another overwhelming list of things you "must" do.

That is not what this guide is about.

This is about helping you step back and look at your journey differently.

Because sometimes the biggest problem isn't a lack of information.

Sometimes it is having too much information and no clear way to organise it.

That is where The Conception Code™ comes in.

In the next chapter, we will look at one of the biggest traps women fall into when trying to conceive:

Constantly searching for more answers while becoming more confused.

You don't need to know everything today.

You simply need to begin understanding where you are.

And then take the next clear step.

One step at a time.

CHAPTER 1

Reflection

Take a quiet moment and answer these questions honestly.

1. What has been the hardest emotional part of trying to conceive for me?

.....

2. Is there something I have been pretending does not affect me?

.....

3. Whose questions or comments affect me the most?

.....

4. What do I wish people understood about my journey?

.....

5. What is one thing I need to stop blaming myself for?

.....

REMEMBER THIS

You do not have to have every answer today. You only need enough clarity to take your next step.

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CHAPTER 2

The Fertility Advice Trap That Keeps Women Going in Circles

When you are trying to conceive, information can become addictive.

Not because you enjoy researching fertility.

But because you are looking for certainty.

You want to find the article, video, post, doctor, supplement, food, or piece of advice that finally makes everything make sense.

So you search.

Then you search again.

You type questions into Google late at night.

You watch a woman on TikTok explain what helped her get pregnant.

You join a Facebook group.

Someone recommends a supplement.

Another person says the supplement is useless.

Someone tells you to avoid a particular food.

Another person says that same food helped them conceive.

One woman swears by tracking ovulation.

Another says she stopped tracking and became pregnant immediately.

One person says stress is the problem.

Another says age is the problem.

Someone else tells you it is your hormones.

And suddenly, you have more information than ever before.

But somehow, you feel even more confused.

Welcome to what I call the Fertility Advice Trap.

The Problem Is Not Always That You Don't Know Enough

Many women believe:

"If I can just learn more, I will know exactly what to do."

Sometimes information is helpful.

But there comes a point where collecting more information does not create more clarity.

It creates noise.

Imagine having fifty browser tabs open at once.

Every tab contains advice.

Every tab sounds convincing.

Every expert seems to disagree.

Every woman has a different success story.

And now your mind begins doing the same thing.

You carry:

- 👂 Advice from your doctor.
- 👂 Advice from your mother.
- 👂 Advice from social media.
- 👂 Advice from friends.
- 👂 Advice from religious communities.
- 👂 Advice from strangers online.
- 👂 Advice from women who have been through fertility struggles.

Some of this information may be useful.

Some may not apply to you at all.

And some may be unsafe or misleading.

The problem is that when everything enters your mind at once, it becomes difficult to separate:

What I know.

From:

What I think.

From:

What someone told me.

From:

What actually needs to be discussed with a qualified healthcare professional.
That confusion can keep you moving—but not necessarily moving forward.

The “Try Everything” Mentality

When something matters deeply to us, we often become willing to try almost anything.

Especially when the cost of waiting feels emotionally painful.

You may find yourself thinking:

“What if this is the one thing I haven't tried?”

And so, the list grows.

Maybe you have tried:

- 👉 Changing your diet.
- 👉 Taking supplements.
- 👉 Using an app.
- 👉 Tracking your cycle.
- 👉 Following social media advice.
- 👉 Drinking recommended teas.
- 👉 Trying traditional remedies.
- 👉 Changing exercise habits.
- 👉 Reading fertility books.
- 👉 Watching YouTube videos.
- 👉 Taking advice from friends.

There is nothing wrong with wanting to be proactive.

But trying too many things at once can create another problem.

You may lose track of what you are actually doing and why.

You may spend money on products you do not fully understand.

You may follow advice designed for someone whose situation is completely different from yours.

And emotionally, you may begin to feel as though your entire life has become one long experiment.

Every month, you add something new.

Then wait.

Then wonder whether it worked.

Then add something else.

Then wait again.

That can be exhausting.

Why Other Women's Success Stories Can Be Misleading

One of the most powerful forms of fertility advice comes from other women.

And understandably so.

When you are struggling, hearing someone say:

"I went through the same thing."

can feel comforting.

You want to know what helped them.

You want to hear that there is hope.

But there is an important difference between:

Someone sharing their experience

and

Someone giving you a personalised solution.

A woman may say:

"I started taking this and became pregnant."

But that does not necessarily mean the product caused her pregnancy.

Another woman may say:

"I stopped stressing and became pregnant."

That does not mean stress was the reason she had not conceived before.

Someone may tell you:

"My friend used this herbal mixture and now she has twins."

But another person's story is not a medical assessment of your situation.

Personal stories can provide comfort.

They can make you feel less alone.

But they should not automatically become your personal fertility plan.

Your body is not a copy of someone else's body.

Your health history is different.

Your circumstances are different.

Your partner's circumstances may also be different.

And your journey deserves to be understood on its own terms.

The Expensive Cost of Random Advice

The Fertility Advice Trap does not only cost emotional energy.

It can cost money too.

A little here.

A little there.

One supplement.

Then another.

A special tea.

A new app subscription.

An online consultation.

A recommended product.

A course.

A book.

Another product someone said “worked.”

Before you realise it, you may have spent a significant amount of money chasing possibilities.

And sometimes, the emotional cost is even greater.

Because every new thing comes with hope.

You buy it.

You start it.

You wait.

And when the outcome you hoped for does not happen, disappointment can return.

That is why this guide is not built around giving you a shopping list of things to buy.

You do not necessarily need more products.

You may first need a clearer understanding of your journey.

Google Is Not Your Fertility Team

Let's be honest.

Google can be useful.

But Google does not know you.

It does not know your full health history.

It does not know which symptoms matter in your specific situation.

It does not know what tests you have already had.

It does not know your partner's health history.

And it certainly does not know what your healthcare provider has observed.

Google simply responds to the words you type.

And when you are anxious, the words you type can take you down frightening paths.

You search:

“Why am I not pregnant yet?”

Then one article leads to another.

Before long, you may be reading about conditions you have never been diagnosed with.

You may start matching every symptom to yourself.

You may become convinced something is seriously wrong.

Or, on the other hand, you may find an article telling you everything is perfectly normal and dismiss something you should discuss with a professional.

This is why information needs context.

Without context, information can become anxiety.

When Social Media Becomes a Fertility Waiting Room

Social media can be especially difficult when you are trying to conceive.

One minute you are watching a recipe.

The next minute, the algorithm shows you:

- 👶 Pregnancy announcements.
- 👶 Baby videos.
- 👶 Fertility success stories.
- 👶 “How I got pregnant” videos.
- 👶 Supplement advertisements.
- 👶 Fertility coaches.
- 👶 Miracle testimonials.

The more fertility content you watch, the more fertility content you may see.

And suddenly, your feed becomes filled with reminders of the one thing already occupying your mind.

You may start comparing your journey with women you have never met.

You may see someone say:

“After three months of doing this, I got pregnant!”

And immediately wonder:

“Why hasn't that happened for me?”

But social media rarely gives you the full story.

You don't always know:

- 👂 Their complete medical history.
- 👂 What professional care they received.
- 👂 What other factors were involved.
- 👂 Whether the product being promoted actually caused the result.
- 👂 Whether the content is sponsored.

You are seeing a small part of someone's story—not the complete picture.

The Moment You Stop Collecting Advice and Start Creating Clarity

This is where your journey with The Conception Code™ begins.

The Conception Code™ is not about giving you more information to memorise.

It is about helping you make sense of the information already surrounding you.

The four stages are simple:

SEE

Look clearly at your own journey.

Not your friend's journey.

Not the woman on TikTok.

Not the stranger in a Facebook group.

Yours.

What do you actually know?

What have you experienced?

What patterns have you noticed?

What information do you already have?

SORT

Separate information from noise.

Organise what you know.

Identify what you don't know.

Recognise which questions need professional discussion.

Stop carrying everything in your head.

PREPARE

Prepare for meaningful conversations.

Prepare your questions.

Prepare your history.

Prepare for appointments.

Stop walking into important conversations hoping you remember everything.

PROTECT

Protect your emotional wellbeing.

Because your fertility journey should not consume every part of your identity.

Learn how to create boundaries.

Recognise emotional triggers.

Give yourself space to breathe.

Continue living while you navigate uncertainty.

This Is Your New Rule

From this point forward, before adding another piece of fertility advice to your mental collection, pause and ask:

Does this apply to my situation?

Where did this information come from?

Is this evidence-based or simply someone's personal experience?

Have I already discussed this with a qualified healthcare professional?

Am I learning something useful—or am I feeding my anxiety?

These questions alone can save you from a great deal of emotional exhaustion.

You Don't Have to Try Everything

Let me say this clearly:

You do not have to try every supplement someone recommends.

You do not have to follow every fertility trend online.

You do not have to buy every product marketed to women trying to conceive.

You do not have to accept every piece of advice from family.

And you do not have to feel guilty for saying:

"Thank you, but I am handling this with my healthcare provider."

You are allowed to become more selective.

In fact, becoming selective is one of the first steps toward clarity.

The Difference Between Hope and Panic

There is nothing wrong with hope.

Hope can keep you going.

Hope can help you imagine a future you deeply desire.

But panic often disguises itself as action.

Panic says:

"Try everything immediately."

Panic says:

"You cannot afford to wait."

Panic says:

"If you don't do this now, you may regret it."

Panic sends you searching at 2:00 a.m.

Panic makes every symptom feel urgent.

Panic makes every success story feel like a formula you must copy.

The Conception Code™ asks you to take a different approach.

Not to stop caring.

Not to stop hoping.

But to stop letting fear make every decision for you.

Clarity creates better questions.

Better questions create better conversations.

And better conversations can help you understand what your next step should be.

A Gentle Reminder About Your Partner

When couples are trying to conceive, women often carry most of the emotional and physical responsibility.

They track.

They research.

They attend appointments.

They take supplements.

They monitor symptoms.

They worry about age.

They receive questions from family.

And sometimes, without anyone saying it directly, the entire responsibility for conception quietly lands on the woman.

But conception is not a one-person journey.

Your partner should not become a background character in a story that affects both of you.

This does not mean blaming your partner.

It means remembering that fertility conversations should not automatically begin and end with the woman.

As you move through this guide, you will have opportunities to organise questions and conversations involving both partners.

You do not have to carry every question alone.

Your Clarity Before Action Rule

Before you make another major change, purchase another product, or follow another piece of online advice, practise this simple rule:

PAUSE – CHECK – ASK – DECIDE

PAUSE

Don't make a decision from panic.

Give yourself a moment.

CHECK

Where did this advice come from?

Is it reliable?

Does it actually apply to your situation?

ASK

Should this be discussed with a qualified healthcare professional?

Are there important questions you need answered first?

DECIDE

Make your next decision based on clearer information—not fear.

This is not about doing nothing.

It is about becoming intentional.

CHAPTER 2

Reflection

Take a few minutes and answer honestly.

1. Where do I currently get most of my fertility information?

.....

2. What advice have I tried simply because I was afraid of missing something?

.....

3. Have I been trying too many things at once?

.....

4. What fertility-related information currently confuses me the most?

.....

5. What is one thing I can stop doing because it increases my anxiety instead of giving me clarity?

.....

03

CHAPTER 3

SEE — Stop Guessing and Start Understanding Your Own Journey

Before you can make sense of where you are going, you need to understand where you are.

That sounds simple.

But when you have been trying to conceive for months—or longer—your journey can become a blur.

You may remember some things clearly.

You remember the month you first decided to start trying.

You remember the first time your period arrived when you were hoping it wouldn't.

You may remember certain appointments, tests, conversations, or difficult moments.

But other details can become scattered.

Dates get forgotten.

Symptoms blur together.

You cannot remember exactly when something started.

You may have test results somewhere in your email.

A prescription in your handbag.

A screenshot on your phone.

Notes inside an app you stopped using months ago.

And perhaps several pieces of advice stored only in your memory.

The first step of The Conception Code™ is called:

SEE

Because before you can sort information, prepare for conversations, or protect your emotional wellbeing, you need to see your journey clearly.

Not perfectly.

Not medically diagnose yourself.

Simply see where you are.

What Does “SEE” Really Mean?

SEE means stepping back from the noise and looking at your own journey as it actually is.

It means moving away from statements like:

“I think my cycle is normal.”

“I can't really remember when that started.”

“The doctor said something, but I don't remember exactly what.”

“I took some tests before, but I don't know where the results are.”

“I feel like I've tried everything.”

And beginning to ask:

What do I actually know?

What have I actually experienced?

What information do I already have?

What information am I missing?

What needs to be discussed further with a qualified healthcare professional?

This is an important difference.

You are not trying to become your own doctor.

You are becoming a better observer and organiser of your own journey.

Your Fertility Journey Did Not Start Yesterday

Sometimes, when women think about fertility, they only think about the present.

This month's cycle.

This month's symptoms.

This month's disappointment.

But your fertility journey may contain information stretching further back.

There may be things from your past that you want to remember and discuss with a healthcare professional when relevant.

For example:

- 👂 Changes in your menstrual cycle.
- 👂 Previous pregnancies.
- 👂 Pregnancy losses.
- 👂 Past reproductive health concerns.
- 👂 Surgeries or medical procedures.
- 👂 Previous infections or illnesses.
- 👂 Significant changes in your body.
- 👂 Previous medical tests.
- 👂 Family medical history you are aware of.
- 👂 Medications you currently take or have taken.

You do not need to panic and assume that every past experience is connected to your current situation.

That is not the purpose of this exercise.

The purpose is simply to create a clearer picture.

Sometimes important information gets lost because it was never written down in one place.

Stop Trusting Your Memory to Carry Everything

When you are emotionally invested in something, your mind can become overloaded.

You may remember the painful moments clearly while forgetting practical details.

Or you may remember every date but forget exactly what a doctor explained.

This is normal.

Your brain was never designed to be your permanent filing cabinet.

That is why one of the most useful things you can do is create a personal record of your journey.

Not a complicated medical file.

Not something that requires hours every day.

Just one organised place where you can keep important information together.

Think of it as creating your personal:

Fertility Journey Snapshot

This snapshot gives you a starting point.

Instead of feeling as though your story is scattered across your memory, phone, handbag, and old hospital folders, you begin gathering the pieces.

What Belongs in Your Journey Snapshot?

Your snapshot can include five simple areas.

1. Your Timeline

When did you begin trying to conceive?

You may not remember the exact day, and that is okay.

Start with what you know.

You can note:

- 👉 Approximate month and year.
- 👉 Major changes since then.
- 👉 Important appointments.
- 👉 Significant test dates.
- 👉 Major events that affected your journey.

The goal is not perfection.

The goal is perspective.

2. Your Cycle Observations

Your menstrual cycle may contain information worth observing and discussing with a qualified healthcare professional.

You may want to document things such as:

- 👉 Approximate cycle dates.
- 👉 Whether your cycle patterns have changed.
- 👉 Symptoms you regularly notice.
- 👉 Changes that concern you.
- 👉 Anything unusual that repeats over time.

You do not need to analyse every sensation.

And you should not assume that a symptom automatically means a particular condition.

Your role here is observation.

You notice.

You record.

You prepare questions when needed.

3. Your Health Information

Gather information you already know.

This might include:

- 👉 Previous diagnoses.
- 👉 Previous tests.
- 👉 Current medications.
- 👉 Past procedures.
- 👉 Relevant medical history.

If you are unsure whether something is relevant, simply write it down as a question rather than making assumptions.

For example:

“I had this procedure in 2019. Is this relevant to my current fertility journey?”

That question can later be discussed with an appropriate healthcare professional.

4. Your Previous Steps

What have you already done?

This is important because many women reach a point where they say:

“I’ve tried everything.”

But when they write things down, they gain a clearer picture.

You might list:

- 👉 Healthcare appointments.
- 👉 Tests you remember having.
- 👉 Apps or tracking methods used.
- 👉 Lifestyle changes.
- 👉 Products or supplements discussed or used.
- 👉 Other actions you have taken.

This is not about judging yourself.

It is about reducing repetition and confusion.

5. Your Current Questions

This section may be the most important.

What are you still wondering?

Write the questions exactly as they come to you.

For example:

- 💡 Why has my cycle changed?
- 💡 Should I be concerned about this symptom?
- 💡 What does this previous test result mean?
- 💡 What questions should my partner and I ask?
- 💡 What should we discuss at our next appointment?

Do not worry about making the questions sound intelligent or medical.

Your question does not need to sound professional to deserve an answer.

The Difference Between Observation and Assumption

This is one of the most important habits you will develop in this guide.

Let's look at the difference.

ASSUMPTION:

"Something is definitely wrong with my hormones."

OBSERVATION:

"My cycle has changed over the last several months, and I would like to discuss this change with a healthcare professional."

ASSUMPTION:

"I cannot conceive because of my age."

OBSERVATION:

"I am concerned about how my age may affect my fertility and would like to discuss my individual situation with a qualified professional."

ASSUMPTION:

"This supplement didn't work."

OBSERVATION:

"I used this supplement for this period of time. I am unsure whether it was appropriate or useful for my situation."

Do you see the difference?

Assumptions can create fear.

Observations create useful questions.

And useful questions can lead to better conversations.

Your Body Is Not a Crime Scene

When women become worried about fertility, it is easy to start investigating every part of your body.

Every pain.

Every discharge.

Every cramp.

Every mood change.

Every missed symptom.

You can become hyper-aware of yourself.

But constantly monitoring your body from a place of fear can become emotionally exhausting.

The SEE stage is not asking you to become obsessed with your body.

It is asking you to become more calmly aware.

There is a difference.

You are not searching for evidence that something is wrong.

You are creating a clearer record of what you have experienced.

Think of yourself as a witness to your journey—not a detective trying to prove that your body has failed you.

Your body is not your enemy.

The Power of Patterns

One isolated experience may not tell you much.

But patterns can sometimes help you have more meaningful conversations.

Perhaps something happens repeatedly.

Perhaps your cycle has changed over time.

Perhaps a particular symptom consistently concerns you.

Perhaps there is something you notice but never remember to mention during appointments.

This is why writing things down can be useful.

Not because you need to become obsessed with tracking.

But because patterns are easier to see when information is outside your head.

For example, you may not remember exactly how often something happened six months ago.

But a simple record can help you say:

“I started noticing this around this time, and it has happened repeatedly.”

That is more useful than trying to remember everything under pressure during an appointment.

Your Partner's Journey Matters Too

The SEE stage should not focus entirely on you.

Trying to conceive is often treated as though the woman's body holds every answer.

And that can create enormous emotional pressure.

Your partner also has a health history.

Your partner may also have questions.

Your partner may have previous tests or information worth discussing.

The goal is not to turn your relationship into a medical project.

The goal is to remember:

You are navigating this journey together.

Where appropriate, your Journey Snapshot can include:

- 👉 Important questions you both have.
- 👉 Previous information either partner has received.
- 👉 Conversations you need to have together.
- 👉 Questions you may want to take to a healthcare professional.

You should not have to carry the entire mental load alone.

Start With What You Know—Not What You Fear

This is important.

When you begin documenting your fertility journey, fear may try to take over.

You may suddenly remember something and panic.

You may think:

“What if this means something?”

Pause.

Remember the purpose of this exercise.

You are gathering information.

Not diagnosing yourself.

You are identifying questions.

Not jumping to conclusions.

You are creating clarity.

Not creating fear.

If something concerns you, write it down.

Then consider whether it should be discussed with an appropriate healthcare professional.

You do not have to solve every question by yourself.

The Journey Snapshot Exercise

Take your time with this.

You do not need to complete everything in one sitting.

You can return to it later.

PART ONE: MY TIMELINE

When did I begin trying to conceive?

What major moments stand out since then?

Important appointments or consultations I remember:

Tests or investigations I remember having:

PART TWO: WHAT I HAVE OBSERVED

Changes or patterns I have noticed:

Symptoms I want to remember or discuss:

Questions about my cycle or reproductive health:

PART THREE: WHAT I ALREADY KNOW

Information I have received from healthcare professionals:

Previous diagnoses or health information I am aware of:

Current medications or treatments I use:

PART FOUR: WHAT I HAVE ALREADY TRIED

Without judging yourself, list the steps you have already taken.

Now ask yourself:

Which of these were recommended specifically for me?

Which were things I tried because someone else recommended them?

Which things am I unsure about?

PART FIVE: WHAT I STILL DON'T KNOW

Complete this sentence:

"The thing that confuses me most about my fertility journey right now is..."

Now list three questions you would genuinely like answered.

Question One:

Question Two:

Question Three:

Your First Conception Code™ Principle

By now, I hope you are beginning to understand something important.

You do not have to solve your entire fertility journey today.

Your first responsibility is simply to understand your starting point more clearly.

That is what SEE is about.

SEE:

Observe your journey.

Gather your information.

Recognise your patterns.

Separate facts from fears.

Identify your unanswered questions.

That is enough for now.

You are building a foundation.

And foundations are not always exciting.

But they are necessary.

Because in the next stage, we will take everything you have started gathering and begin to organise it.

You will move from:

“My journey feels scattered.”

to:

“I can see what I know, what I need, and what I need to ask.”

And that is where real clarity begins.

CHAPTER 3

Reflection

Before moving forward, take a moment to answer these questions.

1. What did I realise about my fertility journey while completing my Journey Snapshot?

.....

2. What information do I already have but have never organised?

.....

3. What have I been assuming instead of asking questions about?

.....

4. What pattern or observation do I want to discuss with a healthcare professional?

.....

5. What is one thing I now understand more clearly?

.....

REMEMBER THIS

Clarity does not mean having every answer. It means knowing what you know, recognising what you don't, and understanding what question to ask next.

THE CONCEPTION CODE™ PROGRESS CHECK**Stage 1: SEE**

- ☐ I have started creating my fertility timeline.
- ☐ I have identified information I already have.
- ☐ I have written down important observations.
- ☐ I have separated assumptions from facts.
- ☐ I have identified unanswered questions.

NEXT:

SORT

In the next chapter, we will organise the information, identify the missing pieces, and begin separating useful information from the noise.

04

CHAPTER 4

SORT — The Information You Have, the Information You Need, and the Questions Nobody Told You to Ask

By now, you have started doing something many women never get around to doing.

You have paused.

You have stepped back.

And instead of immediately searching for another answer, you have begun looking at your own journey.

You have started to SEE.

But seeing your journey is only the beginning.

Because information can still be overwhelming when it is scattered.

You may now have a list of dates.

Symptoms.

Old test results.

Notes from appointments.

Questions.

Things you remember.

Things you are worried about.

And perhaps a few things you wish you understood better.

So what happens next?

You SORT.

This is the second stage of The Conception Code™.

SEE – SORT – PREPARE – PROTECT

SORT is where you begin separating the pieces.

Not to diagnose yourself.

Not to decide what is medically wrong.

But to stop carrying a messy pile of information in your mind.

The goal is simple:

Know what you already understand, recognise what you don't understand, and identify the questions that deserve proper answers.

Why Feeling Informed and Actually Being Clear Are Not the Same Thing

You may know a lot about fertility already.

You may have watched videos.

Read articles.

Spoken to friends.

Visited clinics.

Joined online communities.

You may even know fertility terms that you had never heard before you began trying to conceive.

But knowing many words is not the same as understanding your personal situation.

For example, you might have a test result but not fully understand what it means.

You may remember a doctor mentioning something but cannot recall whether you were told to follow up.

You may have taken medication before but forgotten why it was prescribed.

You may know your cycle dates but still feel unsure what information matters when speaking with a healthcare professional.

That is why sorting is important.

You are moving away from:

"I have a lot of information."

And towards:

"I understand what information I have and what I still need clarity about."

That is a very different place to stand.

The Three Information Boxes

To make sorting easier, I want you to imagine placing everything in your fertility journey into three boxes.

BOX ONE: WHAT I KNOW

These are things you understand reasonably well.

For example:

- 👂 Information clearly explained to you by a healthcare professional.
- 👂 Dates you have recorded.
- 👂 Test results you have copies of.
- 👂 Diagnoses you have formally received.
- 👂 Medications you know you are currently taking.
- 👂 Observations you have personally documented.

This box contains facts and known information.

BOX TWO: WHAT I THINK I KNOW

This is where confusion often lives.

These might include statements such as:

“I think the doctor said everything was fine.”

“I think this test was normal.”

“I think this supplement is supposed to help fertility.”

“I think my partner was tested.”

“I think my cycle is regular.”

There is nothing wrong with this box.

In fact, it is one of the most useful boxes.

Because it shows you where clarification may be needed.

BOX THREE: WHAT I DON'T KNOW YET

This box contains unanswered questions.

For example:

- 👂 I don't understand what this result means.
- 👂 I don't know whether this past health issue is relevant.
- 👂 I don't know what has already been checked.
- 👂 I don't know whether my partner and I should ask more questions.
- 👂 I don't know what to do with this information.
- 👂 I don't know what my next step should be.

This is not a failure box.

It is a question box.

And questions are where clarity begins.

Meet the Fertility Information Map

One of the most useful tools inside The Conception Code™ is your:

FERTILITY INFORMATION MAP

Think of this as your personal dashboard.

Instead of having information scattered everywhere, you begin grouping it into simple categories.

Your map does not need to be complicated.

It can be built around six areas.

1. MY CYCLE INFORMATION

This includes information you have recorded or observed about your menstrual cycle.

You might note:

- 👉 Approximate cycle dates.
- 👉 Changes you have noticed.
- 👉 Patterns you have observed.
- 👉 Questions you have about your cycle.

You are not expected to interpret everything yourself.

The purpose is to know what you have observed and what you would like to understand better.

MY CYCLE INFORMATION

What I know:

What I am unsure about:

What I want to ask:

2. MY HEALTH HISTORY

This section helps you gather relevant health information in one place.

You may include:

- 👉 Previous diagnoses you are aware of.

- 👉 Medical procedures.
- 👉 Current medications.
- 👉 Previous medications you remember.
- 👉 Significant health events.
- 👉 Relevant family history you know about.

Again, you are not deciding what is or is not important medically.

You are simply gathering information that may help you have a more complete conversation with a qualified healthcare professional.

MY HEALTH HISTORY

What I know:

What I need to clarify:

Questions I have:

3. PREVIOUS TESTS AND APPOINTMENTS

This is where many women discover that they have more information than they realised—but it is scattered.

Check your:

- 👉 Email.
- 👉 Hospital folders.
- 👉 Phone gallery.
- 👉 Old messages.
- 👉 Health apps.
- 👉 Paperwork at home.

You may find:

- 👉 Test results.
- 👉 Appointment dates.
- 👉 Prescriptions.
- 👉 Referral notes.
- 👉 Medical letters.

Do not worry if you cannot find everything.

Start with what you have.

PREVIOUS APPOINTMENTS

Date/ Approximate	What	What Do I	What Do I Need to Date	Happened?	Remember?	Clarify?

Your goal is not to recreate your entire medical history overnight.

You are simply making it easier to see your journey.

4. MY CURRENT ROUTINE AND CHANGES

This section is about the things you are currently doing because you are trying to conceive.

You might include:

- 👉 Tracking methods.
- 👉 Supplements or products you use.
- 👉 Lifestyle changes you have made.
- 👉 Dietary changes.
- 👉 Exercise changes.
- 👉 Other routines you have started.

Then ask yourself:

Why am I doing this?

Did a qualified professional recommend it specifically for you?

Did you find it online?

Did a friend recommend it?

Did you begin because you were afraid of missing something?

Sometimes, when we write these things down, we realise something important:

We are doing certain things without even remembering why we started.

That does not mean the action is necessarily wrong.

It simply means it may be worth reviewing.

5. MY PARTNER AND OUR SHARED JOURNEY

This section matters.

Trying to conceive should not automatically become a one-woman research project.

Your partner may also have:

- 👉 Health information.
- 👉 Previous tests.
- 👉 Questions.
- 👉 Concerns.
- 👉 Appointments.
- 👉 Family medical history worth discussing.

You do not need to interrogate each other.

The purpose is to make space for honest conversation.

Try asking:

“What do you understand about where we are right now?”

“What questions do you have that we haven't discussed?”

“Is there anything you are worried about but haven't said?”

“What information do we need to gather together?”

Sometimes couples discover they have both been quietly worrying—but neither person has wanted to add to the other's stress.

Communication can change that.

6. MY UNANSWERED QUESTIONS

This may become your most valuable category.

Create one running list.

Whenever a question comes into your mind, write it down.

Do not rely on remembering it later.

You might write questions such as:

- 👂 Can you explain this result to me in simpler language?
- 👂 Is this previous health issue relevant?
- 👂 What information should we be tracking?
- 👂 What questions should we be asking?
- 👂 Are there factors involving both partners that we should discuss?
- 👂 What should we understand before making another decision?

Your questions do not need to be medically sophisticated.

In fact, simple questions are often the best.

The Missing Pieces Checklist™

Once you have organised what you know, the next step is identifying what may be missing.

This is not about finding something wrong.

It is about avoiding blind spots.

Sometimes we keep searching for answers when we haven't clearly identified the question.

The Missing Pieces Checklist™ helps you pause and ask:

Do I Have Clarity About...

My Journey

- ☐ When we began trying to conceive.
- ☐ Important events that have happened since then.
- ☐ Major changes I have noticed.
- ☐ What I have already tried.

My Health Information

- ☐ The health information I already have.
- ☐ Previous tests or consultations I remember.
- ☐ Current medications or treatments.
- ☐ Questions about past health experiences.

My Cycle Information

- ☐ The patterns I have observed.
- ☐ Changes I have noticed.
- ☐ Questions I want answered.

- ☐ Information I may need help understanding.

Our Shared Journey

- ☐ Questions my partner and I have discussed.
- ☐ Information either of us may need to gather.
- ☐ Whether we are both carrying the responsibility fairly.
- ☐ What we need to discuss together.

My Next Conversation

- ☐ What I want to ask.
- ☐ What information I should bring.
- ☐ What I do not fully understand.
- ☐ What I want clarified before making another decision.

The Questions Nobody Told You to Ask

Sometimes the hardest part of navigating healthcare is knowing what questions to ask.

You may sit in an appointment thinking:

“I had so many questions before I came here.”

Then the appointment begins.

You become nervous.

The conversation moves quickly.

The doctor asks questions.

You answer.

And suddenly, the appointment is over.

Then you remember.

Everything you wanted to ask.

That is why we will prepare more deeply for appointments in the next chapter.

But for now, here are some general questions you may consider writing down for discussion with an appropriate healthcare professional, depending on your personal circumstances.

Understanding Your Situation

- 💡 Based on the information we have discussed, what do we understand so far?
- 💡 What do we still not know?

- 👂 Is there anything I have mentioned that needs further discussion?
- 👂 Can you explain that in simpler language?

Understanding Previous Information

- 👂 Can we review this previous result together?
- 👂 Is this past health information relevant to my current situation?
- 👂 What does this result tell us, and what does it not tell us?

Understanding Next Steps

- 👂 What questions should we be asking at this stage?
- 👂 Is there any information we should gather before our next appointment?
- 👂 What should we understand before making a decision about the next step?

Understanding Shared Factors

- 👂 Are there questions both my partner and I should discuss?
- 👂 Is there information we should both prepare?
- 👂 Are there parts of this journey we may be overlooking?

These are conversation starters—not a substitute for personalised medical advice.

Your healthcare professional is there to help interpret your individual circumstances.

You Are Allowed to Ask for Things to Be Explained Again

This deserves its own section.

Sometimes medical conversations can move quickly.

Terms may be unfamiliar.

You may feel embarrassed to ask for clarification.

You may think:

“I should understand this already.”

No.

You are allowed to say:

“Could you explain that in simpler language?”

You are allowed to say:

“Can you write that down for me?”

You are allowed to say:

“I want to make sure I understand correctly.”

You are allowed to say:*“What does that mean for me?”*

You are allowed to take notes.

You are allowed to bring written questions.

You are allowed to ask what the next step is.

Understanding your own healthcare information is not being difficult.

It is being involved.

Stop Comparing Your Checklist to Someone Else's Journey

You may see another woman online discussing tests, treatments, medications, or appointments you have never had.

That does not automatically mean something has been missed in your care.

Different people need different approaches.

Different health histories require different conversations.

Different circumstances lead to different decisions.

Your checklist is not a competition.

It is a tool to help you understand your own journey and prepare thoughtful questions.

REMEMBER THIS*Someone else's fertility timeline is not your fertility roadmap.***The Couple Conversation Guide**

Trying to conceive can create distance between partners without either person intending it.

One person may want to talk constantly.

The other may avoid the subject because they do not know what to say.

One person may be researching every day.

The other may be quietly worried but say very little.

Use these questions as a gentle starting point.

Ask Each Other:

1. What has been the hardest part of this journey for you?

2. What do you wish I understood better about how you feel?

3. What are you most worried about right now?

4. What questions do you think we still need answered?

5. How can we support each other better this month?

This is not a test.

There are no perfect answers.

The purpose is connection.

From Mental Chaos to One Clear List

By the end of the SORT stage, you should not necessarily have all the answers.

That is not the goal.

Instead, you should have something more useful:

A clearer picture.

You should be able to say:

Here is what I know.

Here is what I need clarified.

Here is what I don't know yet.

Here are the questions I want to ask.

That is progress.

Real progress.

Because confusion becomes less powerful when you can name it.

Your SORT Action Plan

Before moving to the next chapter, complete these five actions.

ACTION 1: Gather

Bring your important information together.

Check folders, emails, notes, and records.

ACTION 2: Categorise

Place information into:

What I Know

What I Think I Know

What I Don't Know Yet

ACTION 3: Map

Complete your Fertility Information Map.

Look at your:

- 👉 Cycle information.
- 👉 Health history.
- 👉 Previous appointments.
- 👉 Current routines.
- 👉 Shared journey.
- 👉 Unanswered questions.

ACTION 4: Identify

Use the Missing Pieces Checklist™.

Identify where clarity is still needed.

ACTION 5: Write

Start your master question list.

From now on, when something confuses you, write it down.

Do not let important questions disappear into the noise.

CHAPTER 4

Reflection

Take a few quiet minutes and answer honestly.

1. What information did I discover I already have?

.....

2. What information have I been carrying in my head instead of organising?

.....

3. What is the biggest question I still need answered?

.....

4. Is there anything my partner and I need to discuss together?

.....

5. What information do I want clarified before making another major decision?

.....

REMEMBER THIS

You are not behind because you do not know everything. Clarity begins when you stop pretending you have all the answers and start identifying the questions that matter.

THE CONCEPTION CODE™ PROGRESS CHECK**Stage 1: SEE**

☒ I have started observing and understanding my journey.

Stage 2: SORT

- ☐ I have gathered my important information.
- ☐ I have separated facts from assumptions.
- ☐ I have identified unanswered questions.
- ☐ I have created my Fertility Information Map.
- ☐ I have started a master question list.

NEXT:

PREPARE

In the next chapter, you will learn how to turn your questions and information into meaningful preparation—so you can walk into important conversations feeling calmer, more organised, and less likely to leave wishing you had asked something.

05

CHAPTER 5

PREPARE — Never Walk Into Another Appointment Feeling Lost

There is a particular kind of frustration that many women experience after an important appointment.

You leave.

You get into the car.

Or sit on the bus.

Or arrive back home.

And suddenly, you remember.

“I forgot to ask that question.”

Then another question comes back to you.

And another.

You may even replay the entire conversation in your head.

What did the doctor mean by that?

Should I have mentioned that symptom?

Why didn't I bring that old test result?

What am I supposed to do next?

When fertility is already emotionally overwhelming, important conversations can become even harder.

You may enter an appointment feeling nervous.

You may feel intimidated by medical language.

You may have waited weeks for the appointment and suddenly feel pressure to make every minute count.

And when you are anxious, your memory does not always cooperate.

That is why the third stage of The Conception Code™ is:

PREPARE

Preparation does not mean trying to control everything.

It means giving yourself a better chance of leaving an important conversation with more clarity than you had when you entered.

You Don't Need to Be an Expert to Be Prepared

Sometimes women think they need to research everything before seeing a healthcare professional.

They arrive with twenty browser tabs worth of information in their heads.

Medical terms.

Social media advice.

Stories from strangers.

Possible explanations for every symptom.

But preparation is not about becoming an expert.

It is about knowing your own story.

You know what you have experienced.

You know what concerns you.

You know what information you already have.

And you know what you still do not understand.

That is enough to begin.

Your job is not to diagnose yourself before an appointment.

Your job is to prepare your information and questions so you can participate more confidently in the conversation.

The Fertility Appointment Advantage™

Inside The Conception Code™, I want you to think of preparation as your personal advantage.

Not an advantage over your healthcare professional.

An advantage over confusion.

When you prepare beforehand, you are less likely to depend entirely on memory.

You are less likely to forget your most important questions.

You are more likely to remember relevant information.

And after the appointment, you have something to look back on.

This is especially useful when emotions are involved.

Because fertility conversations can sometimes feel deeply personal.

You may hear something unexpected.

You may feel relieved.

You may feel worried.

You may need time to process.

Having notes can help you return to the facts of what was actually discussed instead of relying only on what you remember feeling in the moment.

The Four Things to Prepare Before an Appointment

Before an important fertility-related appointment, try to prepare these four things.

1. YOUR STORY

You do not need to tell your entire life story.

But it can help to have a short summary of your journey.

For example:

- 👉 When you began trying to conceive.
- 👉 Major events since then.
- 👉 Previous appointments or tests.
- 👉 Important health information you are aware of.
- 👉 Significant changes or concerns.

Keep it simple.

Think:

“If I had two minutes to explain where I am right now, what would I say?”

That becomes your Journey Summary.

2. YOUR INFORMATION

Bring together relevant information you already have.

Depending on your situation, this may include:

- 👉 Previous test results.
- 👉 Medical letters.
- 👉 A list of medications.
- 👉 Notes from previous appointments.
- 👉 Cycle observations.
- 👉 Your personal question list.

You do not need to bring a suitcase full of papers.

The goal is organisation.

One folder—physical or digital—can make a significant difference.

3. YOUR QUESTIONS

Write them down before you arrive.

Do not trust yourself to remember them.

Even if the questions seem obvious.

Even if you think:

“There is no way I will forget this.”

Write them down.

Because when you are sitting in the room, listening carefully and processing information, your mind may be focused on something else.

Your written questions protect the conversation you wanted to have.

4. YOUR NEXT-STEP SPACE

Leave room to record what happens after the conversation.

Ask yourself:

- 👉 What did I learn?
- 👉 What was explained?
- 👉 What do I need to do next?
- 👉 Is there anything I need to follow up on?
- 👉 What questions do I still have?

This helps stop appointments from becoming isolated events.

Instead, each conversation becomes part of your organised journey.

Your One-Minute Journey Summary

One of the most useful preparation exercises is creating a short summary.

Imagine someone asks:

"Tell me what has been happening."

Instead of feeling overwhelmed, you have a simple structure.

Use this:

WHEN

When did this journey begin?

WHAT

What has happened since then?

WHAT I KNOW

What information or results do I already have?

WHAT CONCERNS ME

What is worrying or confusing me most?

WHAT I NEED

What do I hope to understand from this conversation?

For example:

"My partner and I began trying to conceive around [date]. Since then, I have noticed [brief observation]. I have previously had [appointment/test if relevant].

What concerns me most is [concern]. I would like to better understand [question]."

You do not have to memorise this.

Write it down.

Bring it with you.

The Questions I Don't Want to Forget List

Create one permanent page in your Fertility Journey Navigator called:

QUESTIONS I DON'T WANT TO FORGET

Every time something comes to mind, add it.

Do not wait until the day before an appointment.
Your best questions often come at random moments.
While cooking.
While lying in bed.
While talking to your partner.
After reading something.
After noticing a change.
Write them down.
Then, before your appointment, review the list and choose your priorities.

Not Every Question Has to Be Asked at Once

Sometimes your question list may become long.
That is okay.
But you may not have time to discuss everything in one appointment.
So use a simple system.

Mark your questions:

★ MUST ASK

Questions that are most important to you right now.

👉 WOULD LIKE TO ASK

Questions that would be useful if time allows.

👉 CAN ASK LATER

Questions that are not urgent and can be saved for another conversation.

This helps you focus.

You do not have to leave an appointment having asked every question that has ever crossed your mind.

You simply want to make sure your most important concerns are not forgotten.

How to Ask Questions When You Feel Intimidated

Let's talk honestly.
Sometimes healthcare environments can feel intimidating.
You may feel nervous.

You may worry about sounding uninformed.

You may feel that the professional is busy.

You may not want to “waste time.”

You may come from a background where questioning professionals feels disrespectful.

But asking for clarification is not disrespectful.

You can be polite and still be clear.

Here are some simple phrases:

“Could you explain that in simpler language?”

“I want to make sure I understand correctly.”

“Can you help me understand what this means?”

“Could you explain what happens next?”

“Is there anything I should write down?”

“I have a few questions I prepared. Is it okay if I go through them?”

“Before we finish, can I confirm what my next step is?”

You do not need complicated language.

Simple questions are powerful.

The Appointment Preparation Sheet

Before your next important conversation, complete this page.

MY APPOINTMENT

Date:

Healthcare professional/facility:

What is the purpose of this appointment?

MY SHORT JOURNEY SUMMARY

When did my journey begin?

What has happened since then?

What information do I already have?

What concerns me most right now?

MY TOP THREE QUESTIONS

- 1.
- 2.
- 3.

INFORMATION I WANT TO MENTION

- ☐ Previous test or result
- ☐ Change I have observed
- ☐ Previous health information
- ☐ Medication or supplement
- ☐ Partner-related question
- ☐ Other:

During the Appointment: Listen for These Four Things

When you are receiving a lot of information, it can help to listen for four important areas.

1. WHAT DO WE KNOW?

What information is already clear?

Write it down in simple language.

2. WHAT DON'T WE KNOW YET?

What remains unclear?

Are there unanswered questions?

3. WHAT HAPPENS NEXT?

Is there a follow-up?

Something to monitor?

Information to gather?

Another conversation?

4. WHAT SHOULD I ASK IF I AM CONFUSED?

If you leave unsure, write down what confused you.

You do not have to pretend you understand something just because it was explained once.

The Doctor Conversation Notes Page

Immediately after your appointment—or as soon as you can—write down:

WHAT WAS DISCUSSED?

WHAT DID I UNDERSTAND?

WHAT DO I NEED CLARIFIED?

WHAT HAPPENS NEXT?

IMPORTANT DATE OR FOLLOW-UP

This page becomes part of your personal record.

Months later, you will not need to rely completely on memory.

Bring a Second Set of Ears When Appropriate

Sometimes another trusted person can help you remember information.

Depending on the situation and your comfort level, you may choose to bring your partner or another trusted support person to an appointment, where permitted.

This is not because you are incapable of understanding.

It is because emotional conversations can make it difficult to absorb everything at once.

Another person may remember something you missed.

They may help you review the conversation later.

But choose carefully.

Bring someone who helps you feel calmer—not someone who will add pressure, answer questions for you, or make you feel unheard.

You still deserve to be the central voice in conversations about your body and your health.

What to Do When You Leave More Confused Than Before

Sometimes, despite your preparation, you may leave an appointment feeling confused.

Do not immediately blame yourself.

Medical information can be complicated.

Emotions can make conversations difficult to process.

Instead, pause and write down:

What exactly confused me?

Try to be specific.

Not:

"I didn't understand anything."

Instead:

"I understood most of the conversation, but I am unclear about what this particular result means."

Or:

"I am unsure about what I am expected to do before the next appointment."

Once you can name the confusion, you have a clearer question.

And a clear question is easier to ask.

Your Next-Step Tracker™

One of the biggest causes of anxiety is uncertainty about what happens after an appointment.

You may leave wondering:

"What am I supposed to do now?"

That is why every important conversation should end with a written next-step section.

MY NEXT-STEP TRACKER

Next Step	Who Is Responsible?	When?	Completed?

Me ☐

Partner ☐

Healthcare ☐

provider

Other ☐

Keep this simple.

The purpose is not to turn your fertility journey into a stressful project-management system.

The purpose is to prevent important instructions or follow-ups from disappearing into your memory.

Preparing Emotionally Matters Too

Preparation is not only about paperwork and questions.

It is also about your emotional state.

Before an appointment, you may feel nervous.

You may be afraid of hearing something you do not want to hear.

You may already feel exhausted by previous experiences.

Try this simple check-in before you go:

Right now, I am feeling:

The thing I am most afraid of hearing is:

The thing I hope to understand is:

No matter what happens today, I will remind myself:

This does not remove fear.

But it gives your emotions somewhere to go.

You do not have to pretend they are not there.

You Do Not Have to Make Every Decision Immediately

Sometimes a conversation may lead to options, recommendations, or decisions you need to consider.

If you feel pressured or overwhelmed, remember:

Unless you are facing an urgent medical situation, it is generally reasonable to ask questions and make sure you understand your options before making a decision.

You can say:

"I would like some time to understand this better."

"Can you explain the options again?"

"What should I consider before making this decision?"

"Can I take this information home and review it?"

Your healthcare decisions are important.

Understanding them matters.

Do not let panic force you into pretending you understand something you do not.

Preparation Is an Act of Self-Respect

There is something powerful about walking into an important conversation prepared.

You may still feel nervous.

You may still have unanswered questions.

But you are no longer walking in empty-handed.

You have:

Your story.

Your observations.

Your information.

Your questions.

And a place to record what comes next.

That is progress.

You are becoming an active navigator of your journey.

Not because you must control the outcome.

But because you deserve to understand the road you are travelling.

THE PREPARE ACTION PLAN

Before your next important appointment or conversation, complete these steps.

STEP 1: REVIEW

Look through your Fertility Information Map.

Refresh your memory.

STEP 2: SUMMARISE

Create your one-minute Journey Summary.

STEP 3: SELECT

Choose your top three must-ask questions.

STEP 4: GATHER

Bring relevant information and records together.

STEP 5: RECORD

Take notes during or immediately after the conversation.

STEP 6: CLARIFY

Before leaving, make sure you understand what happens next.

CHAPTER 5

Reflection

1. What important question have I forgotten to ask in the past?
.....
 2. What usually makes me nervous during healthcare conversations?
.....
 3. What would help me feel more prepared?
.....
 4. Who could support me during important conversations, if needed?
.....
 5. What are the three most important questions I currently need answered?
.....
1. _____
.....
 2. _____
.....
 3. _____
.....

REMEMBER THIS

You do not need to know everything before asking for help. Preparation simply helps you make sure your most important questions get a chance to be heard.

THE CONCEPTION CODE™ PROGRESS CHECK**Stage 1: SEE**

- ☒ I have started understanding my journey.

Stage 2: SORT

- ☒ I have organised my information and questions.

Stage 3: PREPARE

- ☐ I have created my Journey Summary.
- ☐ I have started my Questions I Don't Want to Forget list.
- ☐ I know how to prepare for an appointment.
- ☐ I have a system for recording conversations.
- ☐ I have created a Next-Step Tracker.

NEXT:

PROTECT

In the next chapter, we turn to something just as important as information and preparation:

Protecting your emotional wellbeing while trying to conceive—so this journey does not slowly take over your entire life.

06

CHAPTER 6

PROTECT — Don't Let Trying to Conceive Consume Your Entire Life

There is something that can quietly happen when you have been trying to conceive for a while.

At first, you are simply hoping for a baby.

Then, little by little, the journey begins taking up more space.

You think about it when you wake up.

You think about it before going to sleep.

You notice dates.

You notice symptoms.

You calculate.

You wait.

You hope.

You worry.

And without meaning to, your fertility journey can begin to influence how you experience everything else in your life.

A family gathering.

A birthday.

A holiday.

A friend's pregnancy announcement.

A delayed period.

A social media post.

A simple question from someone who does not understand.

This is why the final stage of The Conception Code™ is so important.

PROTECT

Because clarity is important.

Organisation is important.

Preparation is important.

But so is protecting your heart.

You Cannot Control Every Outcome, But You Can Protect Your Space

One of the hardest parts of trying to conceive is uncertainty.

You may do everything you believe you should do and still have questions.

You may prepare carefully and still have unexpected emotions.

You may feel hopeful one day and exhausted the next.

The PROTECT stage is not about pretending you will never feel sad.

It is not about becoming emotionally detached.

And it is certainly not about “thinking positively” every minute.

Instead, PROTECT is about asking:

What can I do to care for myself while I move through uncertainty?

That question matters.

Because you are not just navigating a fertility journey.

You are living a life at the same time.

The Danger of Living From Cycle to Cycle

When you are trying to conceive, life can begin feeling divided into small sections.

Before ovulation.

During the waiting period.

Testing day.

Period day.

Then starting again.

Before long, you may stop planning your life normally.

You may think:

“I’ll do that after I get pregnant.”

“There’s no point planning too far ahead.”

"Maybe I shouldn't buy that yet."

"Maybe we shouldn't travel."

"Maybe next month will be different."

Hope can quietly put your life on hold.

But here is a gentle truth:

You are allowed to keep living while you are waiting.

You are allowed to plan something enjoyable.

You are allowed to celebrate.

You are allowed to laugh.

You are allowed to make memories that have nothing to do with fertility.

Enjoying your life does not mean you want a baby any less.

Living fully does not mean you have given up.

It simply means you refuse to let uncertainty steal every other part of your life.

Your Emotional Triggers Are Not Weaknesses

An emotional trigger is simply something that brings up a strong feeling.

When you are trying to conceive, your triggers may include:

- 👶 Pregnancy announcements.
- 👶 Baby showers.
- 👶 Seeing newborn photos.
- 👶 Family questions.
- 👶 Mother's Day.
- 👶 Your expected period date.
- 👶 A negative pregnancy test.
- 👶 Fertility-related social media content.
- 👶 Friends discussing their children.
- 👶 Certain songs, places, or memories.

Sometimes the trigger surprises you.

You may think you are fine.

Then someone announces a pregnancy.

And suddenly, you need a moment.

That does not mean you are bitter.

It does not mean you are jealous.

It means something touched a sensitive place.

You do not need to shame yourself for having emotions.

The goal is to understand what affects you and create a plan for caring for yourself when it happens.

The Emotional Trigger Plan™

This simple exercise can help.

MY TRIGGER

What situation tends to affect me emotionally?

WHAT I USUALLY FEEL

Sadness? Anger? Jealousy? Grief? Anxiety? Frustration?

WHAT I USUALLY DO

Do I withdraw? Cry? Scroll online? Argue? Pretend I am fine?

WHAT I ACTUALLY NEED

Comfort? Space? Someone to talk to? A distraction? Rest?

MY HEALTHIER RESPONSE

What can I do next time that supports me?

The goal is not to control your emotions.

The goal is to respond to them with more kindness.

You Don't Have to Attend Everything

This may be difficult for some women to hear.

But you are allowed to protect yourself.

If attending a particular event feels emotionally overwhelming right now, you are allowed to consider your limits.

You are allowed to decline an invitation.

You are allowed to leave early.

You are allowed to take a break.

You are allowed to say:

"Thank you for inviting me. I won't be able to make it."

You do not owe everyone a detailed explanation.

Protecting your emotional wellbeing is not selfish.

It is responsible.

Of course, you may still choose to attend events that feel difficult.

Sometimes you genuinely want to show up for someone you love.

The point is choice.

You are not required to force yourself through every painful situation simply because other people expect you to.

Pregnancy Announcements Can Bring Mixed Emotions

Someone else's good news can awaken your own sadness.

Both can exist together.

You can say:

"I am happy for them."

And privately feel:

"I wish this were happening for me too."

These feelings are not opposites.

They are human.

Do not punish yourself for your first emotional reaction.

What matters is how you choose to handle it.

Sometimes you may need to step away from social media.

Sometimes you may need to cry.

Sometimes you may need a quiet evening.

Sometimes you may genuinely feel happy without being triggered.

Every situation is different.

Give yourself permission to experience your emotions without immediately judging them.

The Family Question You Are Tired of Answering

For many women, family pressure can become one of the most painful parts of the journey.

The questions may come repeatedly.

Sometimes as jokes.

Sometimes as concern.

Sometimes as advice.

Sometimes as direct pressure.

And each time, you may feel forced to decide:

Do I explain?

Do I smile?

Do I lie?

Do I get angry?

Do I tell them to stop?

There is no perfect answer.

But having prepared responses can make these moments easier.

Family Boundary Scripts

You can adapt these to your personality and situation.

Gentle Response

*"We appreciate your concern. When there is news we are ready to share,
we will share it."*

Private Response

*"This is something personal, and I would prefer not to discuss it right
now."*

Firm Response

*"I know you may mean well, but these questions are difficult for me.
Please don't keep asking."*

Short Response

"We're handling it."

Then change the subject.

For Persistent People

*"I've already answered this question, and I would appreciate it if we could
talk about something else."*

You do not need to argue.

A boundary does not have to become a fight.

Sometimes you simply repeat it.

Calmly.

Again and again.

Protecting Your Relationship Too

Trying to conceive can put pressure on a relationship.

Conversations may become focused on:

Dates.

Timing.

Appointments.

Money.

Tests.

Disappointment.

And sometimes intimacy itself can begin feeling scheduled or emotionally complicated.

Partners may also grieve differently.

One person may want to talk.

The other may become quiet.

One person may research constantly.

The other may avoid the subject.

Neither response automatically means someone cares more.

People process uncertainty differently.

That is why it can help to create space for conversations that are not only about solving the problem.

Try asking:

“How are you really feeling about everything?”

Not:

“Did you remember the appointment?”

Not:

“What are we doing next?”

Just:

“How are you?”

You may be surprised by what your partner has been carrying silently.

Create a Fertility-Free Zone

This is one of my favourite protection tools.

Choose a time or place where fertility conversations are temporarily off-limits.

It could be:

- 👉 Friday evenings.
- 👉 Date nights.
- 👉 During certain meals.
- 👉 The bedroom.
- 👉 A weekend activity.
- 👉 One hour before bed.

The rule is simple:

During this time, we are not trying to solve our fertility journey.

You can talk about:

Dreams.

Work.

Movies.

Travel.

Funny memories.

Future plans.

Anything else.

This is not avoidance.

You are not pretending the fertility journey does not exist.

You are simply reminding yourselves that your relationship exists outside it.

Social Media May Need Boundaries Too

Sometimes the best thing you can do for your emotional wellbeing is change what you are consuming.

You may not need to leave social media forever.

But you can become more intentional.

Consider:

- 👂 Muting accounts that consistently make you feel worse.
- 👂 Taking breaks from fertility-related content.
- 👂 Unfollowing miracle-product sellers.
- 👂 Limiting late-night searching.
- 👂 Removing accounts that constantly trigger comparison.

Your social media feed should not become a daily source of emotional pain.

REMEMBER THIS

You are allowed to protect your peace without announcing it to anyone.

What I Need Right Now

Sometimes we become so focused on the future that we forget to ask what we need today.

Use this exercise when you are feeling overwhelmed.

RIGHT NOW, I NEED...

Physically:**Emotionally:****From my partner:****From my friends or family:****From myself:**

Your needs may change.

One day, you may need company.

The next day, you may need to be alone.

There is nothing wrong with that.

The Difficult-Day Reset™

There will be difficult days.

A period arrives.

A test is negative.

Someone makes an insensitive comment.

You see something online that breaks your heart.

You receive information you need time to process.

On those days, you may not need a motivational speech.

You may simply need a reset.

Try this:

STEP 1: STOP

Pause.

You do not have to solve your entire future today.

STEP 2: FEEL

Name what you are feeling.

"I am disappointed."

"I am angry."

"I am sad."

"I am tired."

Naming an emotion can sometimes make it feel less overwhelming.

STEP 3: STEP AWAY

Take temporary distance from whatever is making things worse.

Social media.

A difficult conversation.

Endless searching.

Unnecessary pressure.

STEP 4: SUPPORT

Ask:

Who or what would help me feel supported right now?

A partner?

Friend?

Sibling?

Quiet time?

Prayer?

Journaling?

Rest?

Professional support?

STEP 5: RETURN

When you are ready, return to your life.

Not because the pain disappeared.

But because you are more than this difficult moment.

When You Need More Support Than Your Partner Can Give

Your partner may love you deeply.

Your family may care.

Your friends may try their best.

But sometimes you may need support from someone trained to help people navigate difficult emotions.

There is strength in recognising when you need more support.

You may consider speaking with a qualified mental health professional or counsellor if you feel persistently overwhelmed, hopeless, unable to cope with daily life, or if the emotional burden of your fertility journey is becoming too heavy to carry alone.

Seeking support does not mean you are weak.

It means you are taking your wellbeing seriously.

Protect Your Identity

Before you became someone trying to conceive, you were already a person.

You had interests.

Dreams.

Relationships.

Talents.

Preferences.

Goals.

You may still have all of those things, even if they currently feel buried beneath the weight of your journey.

So ask yourself:

Who am I outside of this fertility journey?

Write down five things.

- 1.
- 2.
- 3.
- 4.
- 5.

Now choose one of those things to reconnect with this week.

Maybe you love music.

Maybe you enjoy fashion.

Maybe you used to paint.

Maybe you love travelling.

Maybe you enjoy spending time with friends.

Maybe you have a professional goal.

Return to something that reminds you:

I am still here.

Your Life Does Not Begin After Pregnancy

This may be one of the most important messages in this entire guide.

It is okay to dream about becoming a mother.

It is okay to want it deeply.

It is okay to hope.

But please do not make the mistake of believing that your life is currently on pause.

Your life is happening now.

This version of you deserves care now.

Joy now.

Rest now.

Love now.

Celebration now.

You do not have to earn happiness by becoming pregnant first.

You are allowed to experience good things while waiting for answers.

THE PROTECT ACTION PLAN

Choose one action from each category.

EMOTIONAL

- ☐ Identify one emotional trigger.
- ☐ Create a Difficult-Day Reset plan.
- ☐ Journal honestly about how you feel.

RELATIONAL

- ☐ Have an honest conversation with your partner.
- ☐ Create a fertility-free zone.
- ☐ Ask someone you trust for support.

SOCIAL

- ☐ Mute a triggering social media account.
- ☐ Take a break from fertility content.
- ☐ Prepare a boundary response for family questions.

PERSONAL

- ☐ Do something you enjoy this week.
- ☐ Make a plan unrelated to fertility.
- ☐ Reconnect with part of your identity.

CHAPTER 6

Reflection

1. What situation affects me emotionally the most?

.....

2. What do I usually do when I feel overwhelmed?

.....

3. What would actually help me during a difficult fertility-related day?

.....

4. What boundary do I need to create?

.....

5. What part of my identity have I neglected?

.....

6. What is one thing I will do this week purely because I enjoy it?

.....

THE CONCEPTION CODE™ PROGRESS CHECK**Stage 1: SEE**

☒ I understand my starting point more clearly.

Stage 2: SORT

☒ I have organised my information and identified important questions.

Stage 3: PREPARE

☒ I know how to prepare for important conversations and appointments.

Stage 4: PROTECT

- ☐ I have identified my emotional triggers.
- ☐ I know what I need during difficult moments.
- ☐ I have prepared boundaries for difficult conversations.
- ☐ I am creating space for my relationship and identity.

- I am learning to continue living while navigating uncertainty.

THE CONCEPTION CODE™ IS NOW COMPLETE

SEE — Understand your journey.

SORT — Organise what you know and identify what you need to ask.

PREPARE — Enter important conversations with clarity and confidence.

PROTECT — Guard your emotional wellbeing while continuing to live your life.

But there is one part of the journey that deserves its own chapter.

The part many women find emotionally exhausting.

The days between hope and certainty.

The days when every symptom seems meaningful.

The days when you want to test but are afraid to.

The days commonly known as:

The Two-Week Wait

In the next chapter, we will talk about how to move through that period without allowing anxiety to take over every waking moment.

07

CHAPTER 7

THE TWO-WEEK WAIT — How to Survive the Days Between Hope and Knowing

There is a special kind of emotional tension that can exist after ovulation and before your next period.

You wait.

You wonder.

You notice everything.

A cramp.

A headache.

Fatigue.

A change in appetite.

A feeling you have never noticed before.

And immediately, your mind begins asking:

“Could this be it?”

Then another thought appears:

“Or am I imagining it?”

For many women trying to conceive, this period can feel incredibly long.

Even though it may only be a matter of days, emotionally, it can feel like weeks.

You may feel hopeful in the morning and discouraged by evening.

You may promise yourself not to search for symptoms online—then find yourself searching anyway.

You may tell yourself you will wait before testing—then walk past a pregnancy test display and change your mind.

This chapter is not about telling you to stop hoping.

Hope is part of being human.

This chapter is about helping you move through the waiting period without allowing those days to consume every thought, every conversation, and every part of your emotional wellbeing.

Why the Waiting Feels So Intense

Waiting is difficult because you want an answer that your body cannot immediately give you.

You cannot force certainty.

You cannot speed up time.

You cannot think your way into knowing.

And when something matters deeply, uncertainty can feel unbearable.

Your mind may try to fill the gap.

It begins looking for clues.

You analyse symptoms.

You compare this month to last month.

You compare your experience to stories online.

You search:

“Early pregnancy symptoms.”

Then:

“Can you feel implantation?”

Then:

“Symptoms before missed period.”

Then:

“Has anyone felt this and been pregnant?”

Before you know it, you have spent an hour reading experiences from strangers.

And you are still uncertain.

That is because searching cannot always give you certainty.

Sometimes it simply gives your anxiety more material to work with.

The Symptom Spiral

Let's talk about something that happens to many women during the waiting period.

You feel something.

Then you notice it.

Then you think about it.

Then you search for it.

Then you find ten different explanations.

Then you begin monitoring whether the symptom continues.

And suddenly, that one small sensation has taken over your entire day.

I call this:

THE SYMPTOM SPIRAL

It often looks like this:

STEP 1: NOTICE

"I feel different."

STEP 2: INTERPRET

"Maybe this means I'm pregnant."

STEP 3: SEARCH

"Let me see what other women experienced."

STEP 4: COMPARE

"That woman had the same symptom."

STEP 5: HOPE OR PANIC

"This must mean something."

STEP 6: CHECK AGAIN

"Do I still feel it?"

Then the cycle continues.

The problem is not noticing your body.

The problem is demanding that every sensation provide an answer.

Bodies experience many changes.

Not every sensation has one clear meaning.

If you have symptoms that concern you, are severe, unusual, or persistent, discussing them with an appropriate healthcare professional is important. But during the waiting period, try not to turn every feeling into a prediction.

Hope Is Not the Problem

Sometimes women become afraid to hope.

They think:

"If I don't get excited, maybe I won't be as disappointed."

So they try to protect themselves by becoming emotionally distant.

But hope does not cause disappointment.

Wanting something does not make you weak.

The problem begins when hope becomes obsession.

There is a difference between:

"I hope this is my month."

and:

"I cannot think about anything else until I know."

You are allowed to hope.

And you are also allowed to continue living while you hope.

Both things can exist together.

Create a Waiting-Period Plan

One of the best ways to protect yourself during uncertainty is to make decisions before anxiety takes over.

Create your personal:

TWO-WEEK WAIT PLAN™

This plan answers four questions.

1. WHAT WILL I DO?

What activities will help me stay connected to normal life?

Examples may include:

- 👉 Work.
- 👉 Exercise you enjoy.

- 👉 Spending time with friends.
- 👉 Watching a series.
- 👉 Reading.
- 👉 Cooking.
- 👉 Creative hobbies.
- 👉 Date nights.
- 👉 Personal projects.

Choose things that genuinely hold your attention.

Not things you feel forced to do.

2. WHAT WILL I AVOID?

Think about what makes the waiting period harder for you.

Perhaps:

- 👉 Endless symptom searches.
- 👉 Constant pregnancy forums.
- 👉 Testing repeatedly.
- 👉 Comparing your symptoms.
- 👉 Watching fertility videos late at night.
- 👉 Checking your body every few minutes.

You do not need to avoid everything.

Choose the habits that you know increase your anxiety.

3. WHO CAN I TALK TO?

Choose someone safe.

Someone who will not tell you:

“Just relax.”

“Stop thinking about it.”

“It will happen when you least expect it.”

Sometimes you do not need advice.

You need someone who can simply say:

“I understand that this is difficult.”

Your support person might be:

- 👉 Your partner.

- 👉 A friend.
- 👉 A sibling.
- 👉 A counsellor.
- 👉 Someone who has earned your trust.

4. WHAT WILL I REMIND MYSELF?

Choose one grounding sentence.

For example:

"I do not need to know everything today."

"A symptom is not a prediction."

"I can hope without obsessing."

"I will have an answer when the appropriate time comes."

"Today is still my life, even while I am waiting."

Write your sentence somewhere visible.

The No-Google Window™

You do not have to stop using the internet completely.

But you may benefit from creating boundaries.

Try choosing specific times when you will not search fertility symptoms or pregnancy-related questions.

For example:

No searching after 9:00 p.m.

Why?

Because anxiety often becomes louder at night.

You are tired.

You are alone with your thoughts.

And one simple search can turn into two hours of reading.

You may also choose:

No symptom searching in bed.

Your bedroom should not become your personal fertility research centre.

Create a separation between rest and research.

If you have a question worth investigating, write it in your Questions I Don't Want to Forget list and return to it later.

This simple habit can reduce impulsive searching.

Testing Anxiety

Pregnancy testing can become emotionally complicated.

You may want to test early.

You may be afraid to test.

You may buy several tests “just in case.”

You may stare at the result.

Look away.

Come back.

Check the instructions again.

Search whether a line looks darker.

Compare photographs online.

This can become emotionally exhausting.

Rather than making testing decisions in the middle of an anxious moment, consider discussing questions about testing timing and interpretation with a qualified healthcare professional or following the instructions provided with the specific test you are using.

Most importantly, create an emotional plan for yourself.

Ask:

If I test, where do I want to be?

Do I want my partner with me?

What will I do afterwards?

Who can support me if I feel disappointed?

Preparing emotionally does not control the result.

But it can help you feel less alone when facing it.

Stop Comparing This Month to Last Month

One month you may have cramps.

The next month you may not.

One month you may feel tired.

The next month you may feel energetic.

And your mind may immediately start comparing.

“Last month I felt this, but this month I don't.”

Or:

“This month feels different.”

Sometimes different is simply different.

It does not automatically mean better.

It does not automatically mean worse.

Your body is not required to perform the same way every month.

Try not to turn every difference into evidence.

Observe.

Write down questions if needed.

But give yourself permission not to interpret everything immediately.

The Calendar Trap

When trying to conceive, calendars can become emotional objects.

You count days.

Mark dates.

Calculate possible outcomes.

Look ahead.

Then recalculate.

There is nothing wrong with using a calendar as an organisational tool.

But if checking dates repeatedly is increasing your anxiety, pause and ask:

“Am I checking this because I need information, or because I am trying to force certainty?”

If the answer is certainty, remember:

The calendar cannot give you what time has not yet revealed.

Sometimes the healthiest thing you can do is close the app.

What to Do When You Feel Yourself Spiralling

You may not always stop anxiety before it starts.

But you can learn to recognise when you are already inside the spiral.

Here is your:

WAITING-PERIOD RESET™

W — WALK AWAY

Step away from the search, app, forum, or conversation increasing your anxiety.

Physically move if possible.

Go outside.

Change rooms.

Put your phone down.

A — ACKNOWLEDGE

Say what is happening.

“I am anxious because I want an answer.”

Not:

“Something must be wrong.”

Not:

“I know this month has failed.”

Just name the truth.

You are anxious.

I — INTERRUPT

Do something that interrupts the thought pattern.

Take a shower.

Call someone.

Watch something funny.

Go for a walk.

Cook.

Listen to music.

Your goal is not to run away from your feelings forever.

You are simply interrupting the loop.

T — TURN BACK TO TODAY

Ask:

“What does today need from me?”

Maybe today needs work.

Rest.

Food.

Connection.

Sleep.

A good conversation.

Something completely unrelated to fertility.

Return to the present.

You Do Not Have to Earn Rest

Some women treat trying to conceive like a full-time job.

Research.

Tracking.

Monitoring.

Planning.

Reading.

Preparing.

And eventually, they feel guilty when they take a break.

But you do not need to earn rest by worrying enough.

You are allowed to take a fertility-free day.

A day when you do not:

- 👉 Search.
- 👉 Track obsessively.
- 👉 Read forums.
- 👉 Discuss symptoms.
- 👉 Analyse your body.

The journey will still exist tomorrow.

Taking a break does not mean you are careless.

It means you are human.

The Waiting-Period Relationship Check-In

The waiting period can affect couples differently.

One partner may want to discuss every possible symptom.

The other may prefer to wait for clear information.

Neither person is necessarily wrong.

The important thing is communication.

Try asking each other:

“How much do you want to talk about this right now?”

“Would you prefer distraction or conversation?”

“Is there anything I can do to support you this week?”

“Do you want us to discuss testing together or separately?”

These conversations can prevent misunderstandings.

Your partner cannot always guess what you need.

And you cannot always guess what they are carrying.

The “Life Still Happens” List

During the waiting period, create a list of things unrelated to fertility that you still want to experience.

THIS MONTH, I ALSO WANT TO...

- ☐ Watch a film I have been looking forward to.
- ☐ Call someone I miss.
- ☐ Try a new restaurant or recipe.
- ☐ Work on a personal goal.
- ☐ Take myself somewhere nice.
- ☐ Spend quality time with my partner.
- ☐ Start or continue a hobby.
- ☐ Exercise for enjoyment.
- ☐ Rest without guilt.
- ☐ Laugh.

Add your own.

This list may seem simple.

But it is a reminder:

Your month contains more than one possible outcome.

When the Wait Ends

Eventually, you will receive more information.

Your period may arrive.

You may take a test.

You may have a conversation with a healthcare professional.

And whatever happens, you will have feelings.

There is no correct emotional reaction.

You may feel disappointed.

Relieved.

Happy.

Numb.

Confused.

Hopeful.

Scared.

Sometimes more than one emotion at once.

Give yourself time.

You do not need to immediately decide what everything means.

You do not need to immediately start planning the next month.

You do not need to turn one outcome into a prediction about your entire future.

One moment is one moment.

Allow yourself to process it.

Your Two-Week Wait Promise

Write your own promise below.

Complete this sentence:

During the waiting period, I promise myself that I will...

Now complete this:

When anxiety begins taking over, I will remind myself...

And finally:

No matter what happens this month, I will not forget that...

CHAPTER 7

Reflection

1. What makes the waiting period hardest for me?
.....
2. What is my biggest anxiety habit during this time?
.....
3. What type of online content makes my anxiety worse?
.....
4. What activity helps me feel connected to normal life?
.....
5. Who can support me without making me feel pressured?
.....
6. What is my personal grounding sentence?
.....

MY TWO-WEEK WAIT PLAN™**I WILL DO:****I WILL AVOID:****I WILL TALK TO:****I WILL REMIND MYSELF:****REMEMBER THIS**

Waiting does not mean your life has stopped. You can hold hope in one hand and continue living with the other.

THE CONCEPTION CODE™ NAVIGATOR CHECK-IN**You have now learned how to:****SEE**

Understand your personal starting point.

SORT

Organise information and identify unanswered questions.

PREPARE

Walk into important conversations with greater confidence.

PROTECT

Care for your emotional wellbeing.

And now:

WAIT

Move through uncertainty without allowing the waiting period to consume your entire life.

But there is another challenge many women face after months of trying:

The Pressure of Time

Questions about age.

Questions about “how long.”

Questions from family.

The fear of falling behind.

And the exhausting feeling that everyone else's life is moving faster than yours.

In the next chapter, we will talk about one of the most emotionally powerful pressures in the fertility journey:

When Time Starts Feeling Like the Enemy.

08

CHAPTER 8

WHEN TIME STARTS FEELING LIKE THE ENEMY

There is a question that can quietly follow you through every stage of a fertility journey:

“How much time do I have?”

Sometimes nobody says it out loud.

But you feel it.

When you see another birthday approaching.

When someone your age announces a pregnancy.

When family members ask when you plan to have children.

When you hear conversations about fertility and age.

When another month passes.

When another year begins.

Suddenly, time stops feeling neutral.

It starts feeling personal.

Like a clock ticking somewhere in the background.

And the more you hear it, the louder it becomes.

This chapter is about that pressure.

The pressure of age.

The pressure of timing.

The pressure of comparison.

And the exhausting belief that everyone else is moving forward while you are standing still.

When Every Birthday Feels Different

Birthdays are supposed to be celebrations.

But when you are trying to conceive, a birthday can sometimes bring complicated emotions.

You may find yourself thinking:

"I thought I would have a baby by now."

Or:

"I thought my life would look different at this age."

You may begin measuring your life against an invisible timeline you created years ago.

Perhaps you imagined:

Marriage by a certain age.

Children by a certain age.

A particular family size.

A particular future.

And when life takes a different path, it can feel like you have somehow fallen behind.

But life is not a race with one correct timeline.

Your journey is not proof that you made the wrong choices.

And another person's timeline is not evidence that yours is broken.

The Invisible Life Timeline

Most of us carry an invisible timeline.

It may look something like this:

Finish school.

Build a career.

Meet someone.

Get married.

Have children.

Buy a home.

Build a family.

But real life rarely follows a perfect list.

Some people marry early.

Some marry later.

Some have children quickly.

Some wait intentionally.

Some experience unexpected challenges.

Some paths change completely.

Yet when we compare our real life to our imagined timeline, we can become unnecessarily cruel to ourselves.

We say:

"I should be further ahead."

But according to whom?

Who created the deadline?

Was it truly yours?

Or did you inherit it from:

- 👪 Family expectations?
- 👪 Society?
- 👪 Friends?
- 👪 Social media?
- 👪 Cultural traditions?
- 👪 Your younger self?

Sometimes the first step toward reducing time pressure is recognising where the pressure came from.

The Comparison Clock™

There is a particular form of comparison that can happen when trying to conceive.

You start noticing everyone else's progress.

A friend announces her pregnancy.

Someone younger than you has a second child.

A cousin has twins.

A former classmate posts family photographs.

And suddenly, your mind begins calculating.

"She is younger than me."

"They started trying after us."

"Why did it happen so easily for them?"

“What am I doing wrong?”

This is the Comparison Clock™.

Every time you compare your journey to someone else's, the clock gets louder.

But comparison gives you incomplete information.

You see the announcement.

You do not see the full story.

You see the baby photo.

You do not see the years before it.

You see the outcome.

You do not always see the journey.

And even if someone's path genuinely was easier than yours, their experience still cannot explain yours.

Comparison asks:

“Why them and not me?”

Clarity asks:

“What do I need to understand about my own situation?”

The second question is more useful.

Time Pressure Can Make You Panic

When you feel as though time is running out, panic can begin making decisions for you.

You may feel pressure to:

- 👂 Try everything immediately.
- 👂 Spend money you do not have.
- 👂 Follow every recommendation.
- 👂 Make rushed decisions.
- 👂 Ignore your emotional limits.
- 👂 Compare every month to a deadline.

This is one reason the Conception Code™ exists.

When fear becomes loud, return to the process:

SEE

What is actually happening?

SORT

What do I know, and what do I need clarified?

PREPARE

What questions do I need to ask?

PROTECT

How do I care for myself while navigating this?

The Conception Code™ cannot control time.

But it can stop panic from becoming your only navigation system.

Urgency and Panic Are Not the Same Thing

This distinction is important.

Sometimes there may be legitimate reasons to seek timely medical advice or discuss concerns promptly with a qualified healthcare professional.

That is healthy urgency.

Healthy urgency says:

"I have concerns, and I need appropriate information."

Panic says:

"I need to do everything right now or my future is over."

These are not the same.

You can take your fertility seriously without living in constant emergency mode.

You can ask timely questions without assuming the worst.

You can seek professional guidance without letting fear control every decision.

The Pressure of "How Long Have You Been Trying?"

This question can feel heavier than people realise.

Sometimes it comes from a doctor or healthcare professional gathering relevant information.

Sometimes it comes from friends or family.

Sometimes you ask yourself.

And every time, you count.

Months.

Years.

Cycles.

Negative tests.

Appointments.

You may feel as though the number itself has become part of your identity.

"We have been trying for this long."

But remember:

The amount of time you have been trying does not measure your worth.

It does not measure how deserving you are of motherhood.

It does not measure your strength.

It is simply part of your journey's history.

A fact.

Not an identity.

You Are Not Behind in Life

Read this slowly.

You are not behind.

You may feel behind.

You may wish things had happened differently.

You may grieve the timeline you imagined.

But your life is not a race against your friends, siblings, colleagues, or people you follow online.

There is no universal scoreboard.

Life does not hand out medals for reaching milestones first.

You are allowed to be exactly where you are while still wanting something more.

You can hold both truths:

"This is not where I thought I would be."

And:

"I am still living a meaningful life."

Grieving the Timeline You Expected

Sometimes what hurts is not only the difficulty of the present.

It is also the loss of the future you imagined.

Perhaps you pictured yourself holding a baby by now.

Perhaps you imagined siblings growing up close in age.

Perhaps you imagined announcing your pregnancy at a particular time.

Perhaps you made plans that now feel uncertain.

This can be a form of grief.

Not necessarily grief over something that physically existed.

But grief over an expectation.

A dream.

A timeline.

And you are allowed to acknowledge that loss.

You do not have to force yourself to say:

"Everything happens for a reason."

You do not have to rush into gratitude.

Sometimes you simply need to say:

"This is harder than I expected."

That honesty can be healing.

The Timeline Release Exercise™

Take a moment to think about the future you once imagined.

Then complete the following.

THE LIFE I EXPECTED

By this point in my life, I thought:

WHAT HAS BEEN DIFFERENT

Instead, my journey has looked like:

HOW THAT MAKES ME FEEL

I honestly feel:

WHAT I WANT TO RELEASE

I am ready to stop punishing myself for:

This exercise is not asking you to give up your dreams.

It is asking you to release the punishment attached to the timeline.

Social Media Makes Everyone Look Perfectly Timed

Social media is a highlight reel.

People share:

The engagement.

The wedding.

The baby announcement.

The maternity photographs.

The newborn pictures.

The birthday celebrations.

You see milestone after milestone.

And if you are already feeling sensitive about time, it can seem as though everyone else is moving through life in perfect order.

But social media does not show every delay.

Every loss.

Every difficult conversation.

Every year of uncertainty.

Every private disappointment.

You are comparing your full, complicated life to someone else's selected moments.

That comparison will almost always be unfair to you.

Create Your Own Definition of Progress

One of the best ways to reduce time pressure is to stop defining progress in only one way.

Pregnancy is not the only evidence that you are moving forward.

Progress may also look like:

- 👉 Finally asking a question you were afraid to ask.

- 👂 Organising your health information.
- 👂 Having an honest conversation with your partner.
- 👂 Seeking appropriate professional support.
- 👂 Setting a boundary with family.
- 👂 Taking better care of your mental wellbeing.
- 👂 Understanding something that previously confused you.

These things matter.

They may not give you the outcome you want immediately.

But they are still movement.

The Progress Beyond Pregnancy List™

Complete this sentence:

THIS JOURNEY HAS TAUGHT ME THAT I CAN...

Now list three ways you have grown or changed.

1.

2.

3.

Perhaps you have become stronger.

Perhaps more patient.

Perhaps more informed.

Perhaps better at communicating.

Perhaps more aware of your emotional needs.

You do not have to be grateful for every difficult experience.

But you can recognise the person you are becoming while moving through it.

Stop Using Other People's Children as Your Calendar

This may sound unusual, but it is important.

You may look at someone else's child and think:

"If things had happened differently, my child would be that age."

You may see a friend's pregnancy and calculate what your own life might have looked like.

You may attend a child's birthday and silently measure your journey against theirs.

This can become painful.

Their life is not your calendar.

Their milestones do not determine your timeline.

When you notice yourself calculating, gently bring yourself back.

Say:

"Their journey is theirs. Mine is mine."

You may need to repeat this many times.

That is okay.

When Family Adds to the Time Pressure

Family members may not realise how much pressure their comments create.

They may say:

"You shouldn't wait too long."

"When are you giving us a baby?"

"Your friend already has two children."

"Don't waste time."

Even when they believe they are helping, these comments can increase anxiety.

You have already learned about boundaries in the PROTECT stage.

But time pressure may require an additional response.

Try:

*"I understand your concern, but comments about time increase my stress.
Please allow us to handle this privately."*

Or:

*"We are aware of our situation and are taking appropriate steps. I would
prefer not to discuss timelines."*

You do not have to defend your life.

Return to What You Can Control

Time pressure becomes overwhelming when you focus entirely on things outside your control.

So return to the present.

Ask:

What can I do today?

Perhaps you can:

- 👉 Organise an appointment.
- 👉 Write down a question.
- 👉 Speak honestly with your partner.
- 👉 Rest.
- 👉 Eat.
- 👉 Exercise for wellbeing.
- 👉 Take a break from social media.
- 👉 Reach out for support.

These things may seem small.

But small actions bring you back from imagined futures into the present.

The Today List™

Whenever time anxiety begins taking over, write:

TODAY, I CAN CONTROL...

One thing for my wellbeing:

One thing for my relationship:

One practical task:

One thing that brings me joy:

Then do those things.

Do not try to solve the next five years.

Return to today.

Your Worth Is Not on a Biological Timeline

You are not more valuable because you became pregnant quickly.

You are not less valuable because your journey has taken longer.

You are not behind because your story looks different.

You are a whole person.

Right now.

Not after pregnancy.

Not after motherhood.

Not after you reach the milestone you are hoping for.

Right now.

Your body does not determine your worth.

Your timeline does not determine your worth.

Your fertility journey does not determine your worth.

A Letter to the Woman Who Feels Time Slipping Away

Dear Woman,

I know you have looked at the calendar and felt afraid.

I know birthdays can feel different now.

I know you sometimes count months that you wish you did not have to count.

I know you have wondered whether you are running out of time.

But please remember this:

You are more than the timeline you imagined for yourself.

You are more than the milestones you have not yet reached.

You are more than the questions you are still waiting to have answered.

Your life is not empty because one dream has not happened yet.

Your story is still being written.

And while you are allowed to hope deeply for the future, please do not abandon the woman you are today.

She needs you too.

She deserves kindness.

She deserves rest.

She deserves laughter.

She deserves to feel beautiful.

She deserves to make plans.

She deserves to live.

Do not spend every day staring at a clock you cannot control.

Return to yourself.

Return to today.

Take the next appropriate step.

Ask the next important question.

Have the next honest conversation.

And then breathe.

You do not have to solve your entire future tonight.

You only have to keep caring for yourself as you move through it.

With love,

Gloria, Mother of 3

THE TIME-PRESSURE RESET™

When you feel overwhelmed by age, timing, or comparison, use this five-step reset.

1. STOP THE COMPARISON

Whose timeline am I looking at?

Is it actually relevant to my situation?

2. NAME THE FEAR

What am I truly afraid of?

Write it down.

Fear becomes easier to examine when it has a name.

3. RETURN TO FACTS

What do I actually know?

What am I assuming?

What question needs professional clarification?

4. FOCUS ON TODAY

What can I realistically do today?

5. RELEASE THE DEADLINE

Remind yourself:

"I can take my journey seriously without punishing myself with a timeline."

CHAPTER 8

Reflection

1. What timeline did I imagine for my life?

.....

2. Where does most of my time pressure come from?

.....

- ☐ Age
- ☐ Family
- ☐ Social media
- ☐ Friends
- ☐ Personal expectations
- ☐ Other:

3. What am I most afraid of when I think about time?

.....

4. Whose journey do I compare mine to most often?

.....

5. What would change if I stopped using someone else's life as my measuring stick?

.....

6. What can I do today instead of worrying about years from now?

.....

MY NEW DEFINITION OF PROGRESS

Complete the sentence:

I am making progress when I...

And:

I refuse to measure my life by...

Finally:

Today, I choose to focus on...

REMEMBER THIS

*Time may influence your decisions, but fear does not have to control them.
You can take your future seriously while still being gentle with yourself in the present.*

THE CONCEPTION CODE™ NAVIGATOR CHECK-IN

You now have tools to help you:

SEE

Understand where you are.

SORT

Organise what you know and identify what needs clarity.

PREPARE

Approach important conversations more confidently.

PROTECT

Guard your emotional wellbeing.

WAIT

Navigate the uncertainty between hope and knowing.

RELEASE

Let go of timelines and comparisons that are stealing your peace.

But there is another difficult part of the fertility journey that many women experience:

The moment you begin wondering whether everyone around you has an opinion about your body.

Friends.

Family.

Colleagues.

Neighbours.

Strangers.

Everyone seems to have advice.

And sometimes, the pressure to explain yourself becomes almost as exhausting as the journey itself.

In the next chapter:

THE QUESTIONS, COMMENTS, AND UNSOLICITED ADVICE — How to Protect

Your Privacy Without Feeling Guilty

YOUR 30-DAY CONCEPTION CODE™ ACTION PLAN

A Gentle 4-Week Roadmap to Bring Everything Together

You have now worked through the ideas behind The Conception Code™.

You have learned how to:

SEE your journey more clearly.

SORT through information, observations, and unanswered questions.

PREPARE for appointments and important conversations.

PROTECT your emotional wellbeing while navigating uncertainty.

But knowledge becomes more useful when you know what to do with it.

That is why this final action plan exists.

You do not need to complete everything in one day.

You do not need to become an expert in fertility overnight.

And you do not need to have every answer before you begin.

Over the next 30 days, you will take one stage of The Conception Code™ at a time.

The goal is simple:

Less confusion. More clarity. Better organisation. More intentional next steps.

Move at a pace that feels manageable for you.

This is your journey.

WEEK 1 • SEE

Your Goal: Understand Where You Are Right Now

This week is about stepping back and looking at your fertility journey as a whole.

No panic.

No pressure to solve everything.

Just observation and awareness.

DAY 1-2 Start Your Journey Timeline

Use the My Fertility Journey Timeline worksheet.

Write down the major moments you remember.

Include:

- 👉 When you began trying to conceive.
- 👉 Important changes you noticed.
- 👉 Previous appointments.
- 👉 Tests or conversations.
- 👉 Significant emotional moments.

You do not need perfect dates.

Your goal is to begin seeing your story in one place.

DAY 3-4 Observe Without Over-Analysing

Pay attention to your body and experiences without immediately searching for explanations.

Use the Cycle & Symptom Observation Tracker.

Notice.

Record.

Move on.

REMEMBER THIS

Observation is not the same as diagnosis.

DAY 5 Identify Your Biggest Concerns

Ask yourself:

What worries me most right now?

Is it:

- 👂 Lack of information?
- 👂 Time pressure?
- 👂 Symptoms?
- 👂 Emotional exhaustion?
- 👂 Relationship stress?
- 👂 Family pressure?
- 👂 Confusing advice?

Write down your top three concerns.

DAY 6 Separate Facts From Fears

Create two columns.

WHAT I KNOW

Write only information you know or have been told.

WHAT I FEAR

Write the worries, assumptions, and unanswered questions occupying your mind.

This exercise can help you recognise where you need clarity.

DAY 7 Weekly Reflection

Ask yourself:

What did I learn about my journey this week?

What surprised me?

What questions do I now have?

What do I want to understand better?

Do not rush into Week 2.

Take a moment to acknowledge the clarity you have already created.

WEEK 2 • SORT

Your Goal: Organise the Information You Already Have

Confusion often grows when information is scattered.

This week, you will begin putting things in order.

DAY 8–9 Create Your Fertility Information Map

Gather relevant information you already have.

This may include:

- 👉 Previous test results.
- 👉 Appointment notes.
- 👉 Medication information.
- 👉 Cycle observations.
- 👉 Questions you have written down.

Use the Fertility Information Map worksheet.

Do not worry if you have missing information.

That is part of the process.

DAY 10 Find Your Missing Pieces

Ask:

What information do I wish I had?

What don't I understand?

What questions remain unanswered?

Use the My Missing Pieces Checklist.

REMEMBER THIS

*You do not need to fill every gap yourself.
Some questions are meant for qualified healthcare professionals.*

DAY 11–12 Create Your Question List

Start your:

QUESTIONS I DON'T WANT TO FORGET

Write down every question that comes to mind.

Do not judge whether it sounds silly.

If it matters to you, write it down.

Later, organise your questions into:

★ Must Ask

👉 Would Like to Ask

👉 Can Ask Later

DAY 13 Organise Your Records

Choose one location for your fertility-related information.

This could be:

👉 A physical folder.

👉 A notebook.

👉 A digital folder.

👉 Your Fertility Journey Navigator.

The goal is simple:

When I need information, I know where to find it.

DAY 14 Weekly Reflection

Ask:

What information do I already have?

What am I still missing?

Which questions are most important right now?

Congratulations.

You are no longer carrying every piece of information only in your head.

WEEK 3 • PREPARE

Your Goal: Feel More Ready for Important Conversations

This week is about preparation.

Preparation does not mean controlling the outcome.

It means showing up with greater clarity.

DAY 15 Create Your One-Minute Journey Summary

Complete this sentence:

“My fertility journey began around...”

Then briefly explain:

- What has happened.
- What you know.
- What concerns you.
- What you want to understand.

Keep it simple.

DAY 16–17 Prepare Your Top Questions

Review your master question list.

Choose your three most important questions.

Write them clearly.

Practice asking them aloud if necessary.

DAY 18 Prepare for Your Next Appointment

Use the:

Appointment Preparation Worksheet

Complete:

- Purpose of appointment.
- Your journey summary.
- Top questions.
- Information to mention.

DAY 19 Plan Your Consultation Notes

Prepare your notes sheet before the appointment.

Leave space for:

- 👂 What was discussed.
- 👂 What you understood.
- 👂 What needs clarification.
- 👂 What happens next.

DAY 20 Have a Partner Check-In

Use the Partner Conversation Guide.

Discuss:

How are we both feeling?

What support do we need?

How much do we want fertility to dominate our daily conversations?

What can we do together that has nothing to do with trying to conceive?

DAY 21 Weekly Reflection

Ask:

Do I feel more confident asking questions?

What conversation have I been avoiding?

What is my next practical step?

WEEK 4 • PROTECT

Your Goal: Protect Your Peace While Continuing to Live Your Life

Your fertility journey deserves attention.

But it does not deserve your entire identity.

This week is about protecting your emotional space.

DAY 22 Identify Your Emotional Triggers

Use the Emotional Trigger Tracker.

Identify situations that affect you.

Examples may include:

- 👂 Pregnancy announcements.
- 👂 Family questions.
- 👂 Social media.
- 👂 Negative tests.
- 👂 Certain dates.
- 👂 Comparison.

REMEMBER THIS

*Recognising a trigger does not make you weak.
It helps you prepare.*

DAY 23 Create Your Difficult-Day Plan

Complete this:

When I feel overwhelmed, I will:

1. Pause.

.....

2. Name what I am feeling.

.....

3. Step away from what is increasing my anxiety.

.....

4. Reach for appropriate support.

5. Give myself permission to rest.

Create your personal version.

DAY 24 Review Your Social Media

Ask:

Which accounts make me feel:

- 👉 Worse?
- 👉 More anxious?
- 👉 Constantly behind?
- 👉 Pressured?

Consider muting, unfollowing, or taking a break.

Protecting your peace does not require an announcement.

DAY 25 Create One Boundary

Choose one situation where you need a boundary.

Perhaps with:

- 👉 Family.
- 👉 Friends.
- 👉 Social media.
- 👉 Work.
- 👉 Your partner.

Write one sentence you can use.

Example:

"I know you mean well, but I would prefer not to discuss this right now."

DAY 26–27 Reconnect With Yourself

Do something that has nothing to do with fertility.

Something you genuinely enjoy.

REMEMBER THIS

*You were a complete person before this journey began.
You are still a complete person now.*

DAY 28 Plan Your Next Two-Week Wait

Use the:

Two-Week Wait Survival Planner

Decide in advance:

What will I do?

What will I avoid?

Who can support me?

What will I remind myself?

DAY 29 Review Your Progress

Look back at where you started 29 days ago.

Ask:

What do I understand now that I didn't understand before?

What information have I organised?

What questions have I identified?

What emotional boundaries have I created?

DAY 30 Create Your Personal Conception Code™

This is your final exercise.

Write your own personal commitments.

I WILL SEE

I will pay attention to my journey without jumping to conclusions.

I WILL SORT

I will organise my information instead of carrying everything in my head.

I WILL PREPARE

I will write down my questions and participate actively in important conversations.

I WILL PROTECT

I will care for my emotional wellbeing and refuse to lose myself in the process.

Sign your name below.

My Name:

Date:

BONUS SECTION
YOUR FERTILITY JOURNEY TOOLKIT

The following printable tools are designed to help you put The Conception Code™ into practice.

You can print them.

Reuse them.

Add them to a journal.

Or keep them in your personal fertility folder.

1 TOOLKIT**MY FERTILITY JOURNEY TIMELINE**

My journey began:

Important dates and moments:

Date/Period	What	What I Learned

2 TOOLKIT**CYCLE & SYMPTOM OBSERVATION TRACKER**

Month: _____

Date	Observation	Notes	Questions

This tracker is for personal observation and conversation preparation. It is not a diagnostic tool.

3 TOOLKIT

FERTILITY INFORMATION MAP

WHAT I KNOW

WHAT I HAVE BEEN TOLD

WHAT I HAVE RECORDS FOR

WHAT I DON'T UNDERSTAND

WHAT I NEED TO ASK

4 TOOLKIT**MY MISSING PIECES CHECKLIST**

I need more clarity about:

- ☐ My cycle observations
- ☐ Previous information or results
- ☐ A symptom or concern
- ☐ My next step
- ☐ Questions for a healthcare professional
- ☐ Emotional support
- ☐ Partner communication
- ☐ Other:

5 TOOLKIT

APPOINTMENT PREPARATION WORKSHEET

Appointment Date:

Purpose:

My Journey Summary:

My Top Three Questions:

1.

2.

3.

Information I Want to Mention:

What I Hope to Understand:

6 TOOLKIT

QUESTIONS FOR MY HEALTHCARE PROVIDER

Questions About My Situation

Questions About Information or Results

Questions About Next Steps

Questions I Want Clarified

7 TOOLKIT

CONSULTATION NOTES SHEET

Date:

What Was Discussed?

What Did I Understand?

What Needs Clarification?

What Happens Next?

Follow-Up Date:

8 TOOLKIT

PARTNER CONVERSATION GUIDE

Choose a calm time to discuss:

How am I feeling right now?

How are you feeling?

What support do I need from you?

What support do you need from me?

How can we protect our relationship?

What can we do together that has nothing to do with fertility?

9 TOOLKIT

EMOTIONAL TRIGGER TRACKER

What happened?

How did I feel?

What did I need?

How did I respond?

What could help me next time?

10 TOOLKIT**TWO-WEEK WAIT SURVIVAL PLANNER**

DURING THIS WAIT, I WILL:**I WILL LIMIT OR AVOID:****WHEN ANXIETY STARTS, I WILL:****MY SUPPORT PERSON IS:****MY GROUNDING REMINDER:**

A FINAL WORD FROM GLORIA BENNETT

If you have reached this point, I want you to pause for a moment.

Take a breath.

You have spent time understanding your journey.

You have organised information.

You have identified questions.

You have prepared for important conversations.

And perhaps most importantly, you have been reminded that you deserve care while navigating uncertainty.

The purpose of this guide was never to promise you an outcome.

No guide can honestly do that.

The purpose of The Conception Code™ is to help you feel less lost in a journey that can sometimes feel overwhelming.

You do not need to know everything.

You do not need to have every answer.

You simply need to take the next appropriate step.

One question.

One conversation.

One day at a time.

And while you continue hoping for the future, please remember to care for the woman you are today.

She matters too.

YOUR FINAL CONCEPTION CODE™ REMINDER

SEE clearly.

SORT what you know.

PREPARE your questions.

PROTECT your peace.

You may not control every part of the journey.

But you can choose how you organise, understand, and move through it.

And sometimes, clarity is where the next chapter begins.

With warmth,

Gloria Bennett
