

HEALING INVENTORY

Taken from *Living the Life Unexpected: 12 Weeks to Your Plan B for a Meaningful and Fulfilling Future Without Children.*

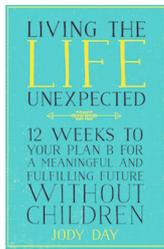
by Jody Day

(2016, Bluebird/PanMacmillan)

www.gateway-women.com



		Date:	Date:
		0 - 10	0 - 10
1	How easy do you find it being around your friends and family's children? (From 0, 'I do all I can to avoid it it's so hard' to 10, 'Absolutely fine, no problem at all')		
2	How easy do you find it to talk to people about your situation and history? (From 0, 'I'd rather the floor opened up and swallowed me' to 10, 'No problem')		
3	How hard do you find it when people ask you if you have kids? (From 0, 'I want to run away rather than answer it' to 10, 'Pretty dull question but not painful')		
4	How comfortable are you holding a baby in your arms? (From 0, 'I simply won't do it' to 10, 'It's a delightful experience!')		
5	How much do you believe that there are other ways to experience the joy, connection and meaning in life that mothers seem to have? (From 0, 'I simply don't believe it's possible' to 10, 'It's absolutely possible')		
6	How angry are you about how things have turned out? (From 0, 'So angry I could self-combust' to 10, 'I'm at peace with how things turned out these days')		
7	How much do you blame other people for how things have turned out? (From 0, 'Others are totally to blame' to 10, 'I've worked through it now')		
8	How sad are you about how things have turned out? (From 0, 'I'm totally heartbroken' to 10, 'I rarely feel sad about how things have turned out anymore')		
9	How much do you enjoy the benefits that come with not having children? (From 0, 'What benefits?' to 10, 'I enjoy them to the max!')		
10	How bothered are you with how people may perceive you as a childless woman? (From 0, 'I utterly hate the way people see me!' to 10, 'I don't let it bother me any more')		
11	How aware are you of inspiring childless women role models? (From 0, 'There aren't any' to 10, 'I'm aware and excited there are so many!')		
12	How strong is your mojo these days? (From 0, 'Dead and buried' to 10, 'On fire!')		
13	How full of clutter is your home? (From 0, 'I haven't seen the floor in a long time' to 10, 'It's Pretty organized actually')		
14	How are you keeping up with finances and other 'life admin' tasks these days? (From 0, 'My paperwork and finances are a train wreck' to 10, 'I'm totally on top of it all')		
15	How comfortable are you with the idea of taking risks and doing things differently? (From 0, 'Absolutely no way', to 10, 'Totally up for it!')		
16	How often do you really laugh your head off these days? (From 0, 'I don't remember the last time I laughed', to 10, 'I love how much I laugh now!')		
17	How willing are you to let go of the dream of motherhood? (From 0, 'No way!' to 10, 'I've let it go')		
18	How often do you pleasantly daydream about your childless future? (From 0, 'How is that even possible?' to 10, 'A lot - there's a lot to look forward to again!')		
19	How often do you worry about your childless future? (From 0, 'I worry myself sick' to 10, 'Involved in planning it rather than worrying about it')		
20	How well do you take care of your body? (From 0, 'What body?' to 10, 'Physically, I've never taken better care of myself than now')		
	Continued on next page		



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21	How happy are you with the way you look? (From 0, 'I wouldn't know, I don't look' to 10, 'I'm looking the best I've done in years!')		
22	How connected to your inner world do you feel? (From 0, 'I avoid it' to 10, 'I'm feeling really in touch with it')		
23	How kind are you to yourself? (From 0, 'Why the hell would I be 'kind' to myself?' to 10, 'As kind as possible')		
24	How nurturing and 'mothering' is your inner dialogue? (From 0, 'Not at all! No way!' to 10, 'I'm my own best friend - nurturing, kind and supportive')		
25	How much do you enjoy your work? (From 0, 'I absolutely loathe it', 10 is 'I love my work and find it very fulfilling')		
26	How much do you feel like an 'outsider' in your workplace or with colleagues? (From 0, 'I'm the office freak' to 10, 'I feel accepted for who I am and comfortable with my difference')		
27	How creative do you think you are? (From 0, 'Not a creative cell in my body' to 10, 'Creativity is a vital part of my life')		
28	How much play is there in your daily life? (From 0, 'A slug is more playful than me' to 10, 'I find play pretty well much everywhere!')		
29	How many minor illnesses do you get? (From 0, 'I'm sure to catch anything going round' to 10, 'I get sick very rarely')		
30	How much do you believe that you're capable of finding a Plan B? (From 0, 'Don't believe it at all' to 10, 'I feel totally confident that I can do this')		
31	How much of you is scared that you're uniquely equipped to fail at life? (From 0, 'Failure is my middle name' to 10, 'I'm not a failure; I can do this!')		
32	How important is meaning to you? (From 0, 'Meaning is only for mothers' to 10, 'Creating and sustaining meaning in my life is absolutely vital for me')		
33	How much do you worry about growing old without children? (From 0, 'I'm absolutely terrified' to 10, 'I've made all my plans and I'm hoping it's going to be pretty good!')		
34	How much importance do you give to leaving a legacy? (From 0, 'What kind of legacy could I possibly leave?' to 10, 'It's really important to me and something I'm actively working on')		
35	How much do you believe that you personally are capable of making a contribution to this world other than by being a mother? (From 0, 'Are you joking?' to 10, 'Not only am I capable of doing so, but I'm doing it')		
36	How connected, stimulated and supported do you feel by your current social circle? (From 0, 'What social circle? I live under a rock' to 10, 'My friendship group is vibrant, varied and supportive and growing all the time')		
37	How much time do you spend with other childless women who are working towards (or who are already living) their Plan B? (From 0, 'None, there aren't any, and certainly not round here' to 10, 'I couldn't imagine my life without the great group of childless friends I've made!')		
38	How far along in your recovery from childlessness do you think you are? (From 0, 'Rock bottom' to 10, 'I feel that I've done the work to integrate this loss into who I've become (and are becoming!) and feel strong and whole again')		
39	How happy are you to be alive? (From 0, 'I'm existing, that's all' to 10, 'I'm thrilled and delighted to be alive!')		
40	How ready are you to live the life unexpected? (From 0, 'Not at all, never was and doubt I ever will be' to 10, 'Bring it on!')		
Total Score out of 400			