

*Feel free to use these questions to help guide you. Or, if you want to just start writing, go for it. We'll work together if you need some help with cohesion or details. This is just the starting point.*

1. How far along were you when you lost your baby?
2. Did you have a name, nickname or other way to reference your baby?
3. When did you find out that things were not going to work out?
4. How did you cope with your loss? What support structures did you have to deal with it?
5. After you miscarried, what were things/events that you were sensitive to or made it all come rushing back?
6. If you could tell one thing to other mothers dealing with this, what would it be?