



## DISCUSSION QUESTIONS

### EPISODE 4: FACING CHALLENGES TOGETHER

featuring Sarah and David Abell

1. David and Sarah talk about clinging to each other following a miscarriage. How could you cling to each other through difficult situations?
2. Do you have any fears when it comes to having or not having children? What are they?
3. What are your agreed boundaries when it comes to fertility treatment options and finances?
4. Sarah spoke about giving herself permission to grieve, cry and ask for help but also to laugh and find humour in daily life. Is there anything that you need to give yourself permission to do on your journey?
5. How can you keep 'us' strong no matter what happens?

