

# FERTILITY INTENTIONS SCALE

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## **A COMMUNICATIONS TOOL FOR THOSE IN CURRENTLY SEXUALLY ACTIVE RELATIONSHIPS**

[by Fiona Fox 2015]

- 10 TTC - " Seriously TTC" Intentional intercourse every cycle. Would pursue any/ALL fertility treatments or procedures if needed.
- 9 TTC - "Highly hopeful TTC" Intentional intercourse every cycle. Would consider some but not all fertility treatments if needed.
- 8 TTC - "Excited to start/grow a family TTC" Intentional intercourse every cycle. Excited to start/grow a family. But would not use any fertility treatments if needed.
- 7 TTW/TTC - Pregnancy very welcome (moving up the scale in very near future).
- 6 TTW - Charting only for health/curiosity. Unprotected intercourse happens whenever. Pregnancy very welcome.
- 5 TTW/TTA - "Loosely TTA" known risks are taken in the fertile window. "OOPS" pregnancy would be welcome.
- 4 TTA - Not taking risks. Currently content with family size but a surprise pregnancy would be welcome.
- 3 TTA - Not taking risks. "Oh NO how did this happen?! but everything will be okay" Surprise pregnancy would eventually be welcome.
- 2 TTA - Not taking risks. Would need some time/ maybe counseling. Ultimately Keeping the pregnancy.
- 1 TTA - Not taking risks. Would strongly consider placing baby for adoption.
- 0 TTA - Not taking risks. Would take all available measures to end a pregnancy.

TTC - Trying To Conceive

TTW - Trying to Whatever

TTA - Trying to Avoid