

- What are my financial resources?
- What is my level of income?
- What are my emotional resources? Who will support me during this pregnancy?
- Who will emotionally support me if I parent my child?
- Where would I live if I choose to parent my child? Do I have room in my home if I choose to parent my child?
- What income level will I need to pay for rent, formula, diapers, day care, and baby supplies? (It's smart for the individual to actually do an estimated budget. It's also helpful to talk to a friend or family member who is parenting a child to get an estimate on the average monthly cost of formula, diapers, clothing and health care.)
- Who can help me financially? Parents, spouse, partner, government assistance?
- What are my long term goals for myself?
- How does this pregnancy affect those goals?
- How does parenting a child affect those goals?
- What are my goals for this child?
- What is my concept of being a good parent to child?
- What options have I considered?
- What are the immediate consequences of those options?
- What are the long term consequences of those options?
- What are the potential gains for myself if I choose adoption?

- What are the potential losses for myself if I choose adoption?
- What are the potential gains for others if I choose adoption?
- How will I approve of myself if I make an adoption plan?
- How will I disapprove of myself if I make an adoption plan?
- How will others approve or disapprove of me if I make an adoption plan?
- How much will I consider the opinion of others in making this decision?