

## REACHING FOR RESOLUTION: WHEN IS IT TIME TO MOVE ON?

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### REDEFINING SUCCESS OF THE INFERTILITY EXPERIENCE

The ending of the infertility experience feeling like a whole person, with self esteem intact, decision-making ability intact, an optimism for the future and a feeling of satisfaction and congruence with the decisions made following treatment. A comfort level with the alternative path taken to parenthood or with the decision not to parent after all.

There is no such thing as “failing” in vitro fertilization. It is possible for an in vitro cycle to fail, or not work. It is not possible to “fail” infertility treatment. It is possible, however, for the limitations of medical science to fail us.

### REDEFINING “QUITTING”

Nobody likes a “quitter”; but making a choice to stop something that has become self-defeating is constructive and healthy. Choosing to stop a particular path of treatment before it takes too much of a toll on our lives is proactive and productive.

### REDEFINING HOPE

Hope is not necessarily a friend to the infertility patient. Hope often keeps us stuck. Patients need to resolve infertility by doing all medical intervention they feel they “can”, but not necessarily all that is available. Because we *can* do it does not mean we *should* do it.

**Every ending is a new beginning.**