


## My Story – Nicole



My names Nicole and I have suffered loss. We found it hard to have Gracie my 5 year old as I didn't fall pregnant easy and suffered bleeding throughout, so when it came to trying for baby number two I thought we had had our hard times and this pregnancy would all be perfect. It was a hard from the start as nothing happened and we went through all the testing but doctors couldn't find anything wrong with either my husband or me. Then out of the blue the much wanted positive pregnancy test, we couldn't believe it, once our excitement subsided I had this horrendous feeling that it wasn't going to work out.

Over the Easter weekend last year we miscarried, it was and still is the most heart-breaking thing I have had to go through. I wasn't aware of how physically painful it was going to be. The hospital I have to say were not much help, so there I was left alone, mentally unstable, immersed in grieve and in a lot of physical pain. Thankfully my husband recognized I needed help and asked around and contacted Miscarriage Support. I remember vividly the day we went to see my counsellor, I didn't want to go see someone to talk about my "feelings" as I wanted left alone I even warned my husband that if the counsellor was anything like Phoebe in friends I was walking out lol. Safe to say my counsellor was nothing like this and I instantly liked and trusted her. My "feelings" tumbling out throughout the first session and cried non-stop meaning no words came out.



The first couple of times I attending counselling my husband Stewart came with me but I felt like I wanted to do the next part of the journey myself. We spoke a lot over the coming weeks about feelings of loss, guilt, anger and of not coping. Counselling made me realise 2 things 1. I wasn't alone and 2. I wasn't crazy, all the feelings I had were normal. I got taught relaxation techniques and started using fertility charts which were really good, by this point I had a nasty habit using ovulation kits all the time which are really expensive and were not working for me. I made changes to my diet and my whole baby making thought process.

Time is a healer but I honestly don't think I would be where I am today if it wasn't for counselling, I was in such a bad place and I hated myself. Today I still get upset when friends are on their 3<sup>rd</sup> pregnancy in the time I have being trying to achieve 1 but then I laugh at how ironic life can be. Some days I think we will be able to have another child but it no longer is the most important thing in my life. With the help of counselling I have started living again. I think in my case achieving a pregnancy and a baby wasn't the answer as sometimes it just doesn't work out that way. I needed to accept life as it was and re-direct my focus elsewhere.

Nicole xxx