

Read on to learn about a framework used to respond to a woman or man in an unexpected pregnancy.

The LOVE Approach (Heartbeat International)

L Listen and Learn

Explore her pregnancy issues and the details of her story through listening and learning.

Ask about:

- ◆ Her needs
- ◆ Her strengths
- ◆ Her areas of Awareness, Feelings, Thoughts, Wants, Values, and Beliefs.
- ◆ The attitudes, feelings, and reasons of the child's father and/or her parents since they are key contributing factors to her feelings and fears.

How to explore and listen:

- ◆ Pay close attention to her every word and body language.
- ◆ Ask open-ended questions and use statements like "Tell me more about..."
- ◆ Interpret and "check out" what you think you are hearing: "Did I hear you say..." or "It sounds like you're saying..."
- ◆ Observe and listen for contradictions and ambivalence to understand more deeply; she is probably not totally at ease about her actions, thoughts, or the feelings she is experiencing



O Open Options

Share information about options she needs to consider in order to make a life-giving decision. Use what you have learned in the L step about her story. Share in a *factual* but *loving* and *caring* way what you know about abortion, having a baby, adoption, marriage, and how they might apply in her situation. Focus on *her* first, not her baby.

V Vision and Value

Awaken a vision in her for a healthier life, a vision that she may never have had or that has now been altered. Help her see herself as a special creation, worthy of love. She is made in the image of God. He loves her and even died for her. There is always hope she can make positive choices for herself and her baby.

E Extend and Empower

- ◆ Give referrals for helpful resources, especially the nearest pregnancy help centre.
- ◆ Help her plan her next steps.
- ◆ A follow-up call from you about how can you support her.
- ◆ Pray for her and her baby

WATCH & REFLECT

Watch and reflect as you see another video interaction between a First Responder and a woman who has just found out she is pregnant. What would you say is the profile of the woman who is pregnant and why? Think about the LOVE Approach in application.



Asking Good Questions

Read and reflect on the following questions and how you may respond if you were asked.

TOPIC	POOR QUESTIONS	BETTER QUESTIONS
LISTENING TO HER STORY	<p><i>Why aren't you</i> happy about the pregnancy?</p> <p><i>Why haven't you</i> told anyone that you are pregnant?</p> <p><i>How could you</i> let this happen to you?</p> <p><i>If you knew</i> you didn't want to be pregnant right now, <i>why did you</i> let it happen?</p>	<p><i>When</i> did you find out that you were pregnant?</p> <p><i>How did you feel</i> when you found out?</p> <p><i>How do you feel</i> about the pregnancy now?</p> <p><i>Have you</i> told anyone about your pregnancy?</p>
QUESTIONS ABOUT PREGNANCY	<p><i>Do you really think</i> people won't notice that you are pregnant?</p> <p><i>Why aren't you</i> taking care of yourself and the baby?</p>	<p><i>How</i> are you feeling today?</p> <p><i>How</i> far along is your pregnancy?</p> <p><i>When</i> is your due date?</p> <p><i>Have you</i> started pre-natal care?</p>
FATHER OF THE BABY	<p><i>Why isn't</i> the father of the baby involved?</p> <p><i>Why isn't</i> the baby's father with you now?</p> <p><i>Don't you think that</i> it is important for the baby to have a father?</p>	<p><i>How</i> is your relationship with the father of the baby?</p> <p><i>How</i> does he feel about the pregnancy?</p> <p><i>Will he</i> be involved in your pregnancy?</p> <p><i>Will he</i> be involved after the baby is born?</p>
FINANCIAL SITUATION	<p><i>How</i> are you going to support you and your child if you are not working?</p> <p><i>Why haven't you</i> done your research on resources for pregnant women?</p>	<p><i>Do you</i> have a job? Or Are you in school?</p> <p>Does the baby's father work?</p> <p><i>Will he</i> be financially supporting you and the baby?</p>
SUPPORT SYSTEM	<p><i>Why haven't you</i> told your family and friends about the pregnancy?</p> <p><i>Why don't you</i> tell your family or friends?</p> <p><i>I think that</i> the best thing is to have your family support you through this time</p>	<p><i>Does</i> your family or friends know about the pregnancy?</p> <p>Are they supportive of you and your pregnancy?</p> <p><i>How do they feel</i> about the pregnancy?</p> <p><i>Do you</i> have anyone in your life that you can rely on for help and support?</p>
DECIDING WHAT TO DO WITH THE PREGNANCY	<p><i>Since abortion is wrong</i>, what other options have you looked into?</p> <p><i>Why are you</i> only thinking about the inconvenience of this pregnancy for you?</p> <p><i>Don't you care about</i> your baby's life?</p>	<p><i>What do you</i> believe is the right thing to do?</p> <p><i>Do you think</i> it is possible to make the right decision?</p> <p><i>Do you know</i> what your options are?</p> <p><i>In an ideal situation</i>, if everything was perfect, <i>what would you</i> decide to do?</p>

Helper Attitudes

Read and reflect on the following attitudes. Put a star beside the ones that you would like to know more about as it relates to a woman or a man in an unexpected pregnancy.

Woman-Focused Perspective

This Scripture teaches that God does not show preferential treatment. If the woman does not feel special and worthy of your care, why should she believe that her baby is special and worthy of her care. Both are image bearers of God.

Empathy

The Bible teaches us that to empathize and have compassion is more than merely sympathizing or having pity on someone. It is being deeply moved by the sufferings or trials of another to the point where one is compelled to act.

Humility

When we act humbly, with a servant's heart, we do not seek to control others. The need to control others comes from setting ourselves the goal of having others do what we think they should do, say, or think. Success in the pregnancy centre ministry is measured in terms of our faithfulness and obedience to how God wants us to show His love and His truth.

Expectant of God's Work in her Life

God is already at work. The following questions can help us: What has God already been doing here? What traces of His grace can I discern in this person's life? What activity has God already set in motion? What is the Holy Spirit saying to me now? How can I cooperate with Him?

Acceptance

The Greek word "agape" characterizes unconditional love. This is love that values and esteems others, is unselfish, is ready to serve others and put their needs first. Unconditional love is demonstrated in the manner in which we speak to clients.

Real

Being real or genuine is characterized by moral and ethical integrity. It is the quality of "being the same in actual character as in outward appearance." An effective relationship is established when both people allow themselves to become vulnerable.

STOP &

REFLECT

Imagine once more that you are having a conversation with the woman you've had in mind. She's just told you that she is pregnant. Write down the first thing you think you would say. Read over your response. Do you think you've applied the LOVE Approach? Helper Attitudes? Think about what your tone of voice, choice of words, and body language might be like.
