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You weren't expecting this. Infertility can feel very lonely.

Experiencing fertility issues and pregnancy issues can put a great deal of strain on yourself and your relationship. What does this mean for you and your partner?

Couples dealing with these issues may find themselves irritable, easily upset, or even difficult for their friends to be around. You or your partner may feel isolated. It may be harder to be around some friends, especially if they are building their families. Baby showers might be too much to handle. There are some things you will want to say no to.

However, this isolation may also come from a sense of shame or guilt. Sometimes, one partner may blame the other, or may feel guilty themselves. Your relationship may be filled more with conflict and tension than support.

Your sex life may also suffer. Often, when a couple is trying to start a family and experiencing fertility issues, sex becomes focused only on making a baby. You may lose the intimacy that makes sex special for your relationship as a couple. As you become driven by a schedule, tests, and the right conditions, you lose the sense of closeness that keeps the desire alive.

To make matters worse, you may have experienced previous miscarriages. You may feel a lot of grief or sadness. You might be hesitant to start another trial or continue the effort to make a baby, because you feel overwhelming anxiety about what could happen. You and your partner might be consumed with the "what ifs?" so much so that you can't see past the loss.

If any of this sounds like you, please know that **you are not alone**. It may be a long road ahead, but you can find the strength to take control of your life and decide what is best for you. You can experience a more supportive and connected relationship to help you both get through the tough times and appreciate the joyful times even more. I am here to help you restore hope and revitalize your relationship.

If you would like to talk more, please feel free to reach out to me at (864)408-8949 or jessica@jessicafairfaxtherapy.com. Or your provider can fill out the provider referral form on my website at <https://jessicafairfaxtherapy.com/for-providers/> or fax a referral form to (864) 408-8520.

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