

I saw a child in my life

I had an image in my life that I would have a child before I was married. When I had IVF at the age of over 40, I felt hope that this would be the case for both of us as I had seen so many women have children and I trusted that if I followed all the medical advice it may happen. However, that hope wasn't the case, and I felt a degree of grief that I was not prepared for.

I had extensive adenomyosis and fibroids after my fertility treatment and was hospitalised several times due to the bleeding and pain that my womb was having. I was advised to have a hysterectomy and so I did as it was no longer serving a purpose for myself as the symptoms so debilitated me.

I had a hysterectomy in April, and this was the door closing forever and finalised the chapter that I now no longer would have a child. This caused me further grief I knew that would not be able to give birth as I did not have the equipment and felt less of a woman. I was triggered again after the IVF from two years ago that I am still processing. I felt the grief all over again and tried to discover myself and my purpose in life after not being a mother.

I am learning to be kind to myself and giving myself to explore what life holds for me and to go out into the world again and regain my identity as I no longer have that image in my life. I undertake volunteering and writing to help me express my feelings and allow myself the time to heal from the pain that I won't be able to have a child in my life. I have taken crafting as a hobby to do things like diamond painting to spend time on myself and go back to work after having an operation.

Life isn't what I expected it to be I am trying to come to terms and adjust to life again in my late 40's and establish a new way of being with taking care of myself and having boundaries how I spend my energy. I read several books that helped me such as Jody Day Living the Life Unexpected and Jessica Hepburn's book The pursuit of Motherhood as I did not know what to do after my IVF and processing my emotions. I found Fertility UK when I was undertaking treatment and it has helped me to meet other women like me who were trying IVF and now those who have moved on with their journey and to talk about my journey with no judgment and undertook counselling as a way of discussing my emotions and not feeling so isolated.

The image of having a child is no more but I am learning that I can make an image for myself after fertility treatment and explore different avenues of writing and creating and that life holds happiness again as I am discovering slowly in my path.