

- **Adoption Exercise:** Write down your responses to each of the statements/questions.
- Discuss your responses with your spouse or family members.
- Discuss any concerns you might have with your agency, social worker or other families you have met in through adoption.
- Remember, there is no right or wrong answer - the exercise below is designed to help you consider various aspects of your adoption.

**When I think about adopting a child, I picture a child who:**

**The most important parts of the adoption process and procedure for me are:**

**Thinking about international adoption, I worry most about:**

Thinking about adoption in general, I worry most about:

(If married) My partner is probably more worried about: and is probably less worried about:

(If single) My family is probably worried about: and is probably less worried about:

Three ways I think my child will be different from myself and my family are:

Three things I can do to prepare for parenting an internationally adopted child are:

Names we have thought about for our child are:

Three questions I'd like to ask an experienced adoptive parent who has adopted a child internationally are:

The three biggest stressors I think I'll have after we return from from our adoption trip will be:

The three biggest support systems when I return will be: