

# What to say when people ask about your miscarriage.



1. I MISCARRIED - IT'S STILL SO NEW I WISH THEY HAD A MANUAL FOR WHAT TO DO NEXT OR A HINT.
2. I'M BREAKING, THANK YOU FOR ASKING. BUT I NEED MORE TIME TO PROCESS THIS.
3. I DON'T KNOW IF I CAN MANAGE THE UPS AND DOWNS - I'D LIKE IT IF YOU CHECKED ON ME FROM TIME TO TIME.
4. WE HAVEN'T TALKED ABOUT TRYING AGAIN. BUT IT WILL BE REALLY HARD WHEN WE DO.
5. I'M LEARNING HOW TO BE OKAY WITH NOT BEING OKAY.