



inspiring virtue

IN THE LIFE OF A
NEGATIVE TEST CLIENT

ABSTINENCE CLEARINGHOUSE
INTRODUCTION BY LESLEE UNRUH



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ABSTINENCE CLEARINGHOUSE

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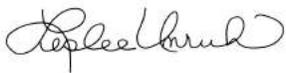
Introduction

"Negative test clients are by far the most difficult clients for me to meet with."

We often hear this phrase at the Abstinence Clearinghouse. While we agree that the client who receives a negative pregnancy test is difficult to consult, we know that the negative test client holds the greatest potential for transformation. When a woman comes in for a pregnancy test she is often scared, confused and hopeless. When news is given to a client that a pregnancy test is negative, a feeling of relief may be seen in a client's eyes. But, the feeling of relief may only be temporary when months later she walks through the doors of your center seeking another pregnancy test.

We want to give you the tools to avoid the *"what could I have done differently?"* feeling we have all experienced. A negative test gives you an opportunity to plant seeds and change the direction of a woman's life. We hope you find this e-booklet helpful in meeting with and pouring into the lives of clients receiving news of a negative pregnancy test. Thank you for inspiring men and women of virtue.

Sincerely,



Abstinence Clearinghouse Founder



I walk down the street.
There is a deep hole in the sidewalk.
I fall in.
I am lost...I am helpless.
It isn't my fault.
It takes forever to find a way out.

I walk down the same street.
There is a deep hole in the sidewalk.
I pretend I don't see it.
I fall in again.
I can't believe I am in the same place.
But, it isn't my fault.
It still takes me a long time to get out.

I walk down the same street.
There is a deep hole in the sidewalk.
I see it is there.
I still fall in. It's a habit.
My eyes are open.
I know where I am.
It is my fault. I get out immediately.

I walk down the same street.
There is a deep hole in the sidewalk.
I walk around it.

I walk down another street.

*Portia Nelson, There's a Hole in My Sidewalk:
The Romance of Self-Discovery*



Meeting With A Negative Test Client

Many times the client is most receptive and willing to talk prior to receiving her pregnancy test results; therefore, a majority of your discussion and questions should take place before sharing her test results.

Be reminded that each question will not apply to every client. Questions should not be read word-for-word in a client visit, but as part of a conversation, and do not need to be asked in any particular order. Knowing you will likely not go through more than a few questions in a visit, look over the questions prior to meeting with the client, familiarizing yourself with potential conversations that may naturally arise based on her circumstances.

• Introductory Questions & Talking Points

Goals

- What are your goals for the future? Job? Marriage? Children?
- How are you planning to reach and protect these goals?
- How would an unexpected pregnancy affect you reaching your goals?
- Have you ever considered making a goal of refraining from sexual activity until you get married?

Sexual Activity

- Is this your first sexual partner?
- Are you his first?
- Do your parents know you are sexually active?
- Do you regret becoming sexually active?
- Discuss the concept of secondary virginity and second chances.
- Discuss sex myths and quick facts from Abstinence Clearinghouse's brochures *The Truth About STDs*, *The Truth About Abstinence* and *Sexual Exposure Chart*.
 - There is no such thing as "safe sex."
 - Not everyone is having sex.
 - People can choose abstinence after engaging in sexual activity.
- If you would make the decision not to have sex with him starting today, how would he respond?

Living Together Before Marriage

- Do you live with your partner? Do you see yourselves getting married?
- Do you know the statistics about living together before marriage?
- Talk through the statistics in the Abstinence Clearinghouse booklet *The Truth About Living Together*.
- Additional statistics can be found in Glenn T. Staton's book, *Living Together*.

Self-Esteem

- Do you want to give yourself emotionally and physically to someone that may not invest in you long-term?
- Do you have emotions from past relationships that are negatively affecting your current relationship?
- How will you overcome your hurt from previous relationships and breakups?
- How would being pregnant change your identity or how others view you?

Pornography

- Have you or your partner ever viewed pornography?
- How do you feel about it?
- Talk through the Abstinence Clearinghouse booklet *The Truth About Pornography*:
 - The effects of pornography on the brain
 - How to identify triggers
 - Seek accountability and develop a plan

Spiritual

- Do you have any spiritual beliefs?
- What is your concept of God?
- Did you know...
 - He created you.
 - He loves you.
 - He has a special plan for your life.
 - You are a special person worth waiting for.

Hurting Past: Relationships, Post-Abortive

- Have you ever been sexually or emotionally abused?
- Have you had any previous pregnancies?
- Have you had an abortion? How many?
- Did you experience any physical or emotional side effects from your previous abortion(s)?
- What are your feelings toward your previous abortion(s)?
- Spiritual Healing
 - Inform the client that they have not committed an unforgivable wrong.
 - Remind the client they do not have to do this by themselves.
 - Come alongside them and provide encouragement.
 - It is never too late to start over.
- Recommend a program or support group available through your pregnancy center.
- Encourage the client to find a group who will encourage them in pursuing virtue.

Questions to Ask After Negative Test Results

Questions for any negative test client:

- How do you feel about your negative test results?
- How will this negative test affect your future decisions about sexual activity?
- Since you have become sexually active, would you say your life has gotten better, become more complicated or has not changed at all?
- If you continue to be sexually active, do you think it may affect your future self/spouse/children? How?
- Even though you have been sexually active in the past, you can make a different choice today. Would you like to make a commitment to stop being sexually active?
- May I call or text you in the future to see how you are doing?

Questions for a client claiming religious affiliation:

- You said earlier that you attend church. How does time spent with your church impact your life?
- Do you have a personal relationship with God?
- What have you learned about sex from your church?
- Has anyone from your church ever told you that God created sex and what His intentions are for it?

What does waiting look like?

Studies show that people who wait to become sexually active until they are married are more likely to experience greater self-esteem, a higher standard of living and a happier marriage.

It is never too late to start making healthy choices. Make a commitment to yourself and your future spouse to stop being sexually active now and wait for marriage. Waiting until marriage is lived out in practical ways: setting boundaries, inviting mentors into your relationship and having a high level of accountability through conversation. You have to decide what you are going to do and how you are going to act before you find yourself in a compromising situation. Creating boundaries before getting into a relationship builds character and will best prepare you for your future. Whatever you need to do to ensure you are honoring your significant other and yourself, do it. There is no shame.

// The Truth About Living Together, Abstinence Clearinghouse



The Science of Sex

During sexual activity, powerful hormones are released in the brain producing a lasting bond between two people. The most influential bonding hormones are oxytocin and vasopressin.

Oxytocin is a bonding hormone released during sexual activity and acts as an emotional "super glue" between partners. Both men and women have oxytocin and release it during sexual activity, but women are more affected by it. Oxytocin is also released during childbirth and nursing, causing the mother to bond with her infant. Men are most affected by vasopressin, another bonding hormone released during sexual activity. Vasopressin helps a man bond to his partner and instills a protective instinct toward his partner and children.^{2,3}

Research suggests the ability to bond and produce oxytocin is damaged by stress hormones released during a break-up. In addition, previous sexual experiences reduce the ability to bond correctly. Oxytocin levels can return to normal if sexual activity is stopped and time is given to address physical and emotional healing.⁴

When you delay instant gratification you are more likely to experience long term satisfaction.

When a couple waits until marriage to have sex, and remains faithful to each other during marriage, oxytocin and vasopressin increase the biological bond between the husband and wife. For couples who have chosen secondary virginity, this biological bond can be strengthened within a faithful commitment.

Sources: 1. Brizendine, Louann, MD. *The Female Brain*. Broadway Books: p.68-72. | 2. Winslow JT, Hastings N, Carter CS, Harbaugh CR, and Insel TR. "A Role for Central Vasopressin in Pair Bonding in Monogamous Prairie Voles." *Nature*. Vol. 365, no. 6446, pp 545-8. | 3. Wang Z, Young LJ, Devries GJ, and Insel TR. "Voles and Vasopressin: A Review of Molecular, Cellular, and Behavioral Studies of Pair Bonding and Paternal Behaviors." *Progress in the Brain Research*. Vol. 119, pp. 483-99. | 4. Keroak, Eric, M.D. "Oxytocin: Is This Nano-Peptide a Chemical Type of Human Super-Glue?"

A Note from the Abstinence Clearinghouse

The Abstinence Clearinghouse is the nation's largest network of abstinence educators, representing thousands of abstinence educators in all 50 states and over 100 countries worldwide.

The Abstinence Clearinghouse aims to:

- Support parents as the primary sex educators of their children.
- Promote healthy relationships, increase self-esteem, encourage wise decision-making and build character among youth and young adults.
- Empower youth to make healthy choices by remaining sexually abstinent until marriage.
- Provide resources and educational material containing scientific and relevant research to educators supporting youth in their journey to pursue sexual integrity.

Stay Connected

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For over 20 years, our organization has been a clearinghouse for abstinence information and a network of abstinence advocates. We invite you to join the movement! Below are some of the many ways to get involved:

- Make a financial investment in the future of our youth by supporting the Abstinence Clearinghouse.
- Host an event in your area: *Purity Ball, Knight to Remember, Father/Son Timeout or God, Mom and Me Tea*
- Make the Family Resource Store your first stop shop in purchasing age-appropriate books, brochures, t-shirts and stickers encouraging healthy relationships.
- Browse our blog or visit our library to find free resources.

If you have questions, please contact us at (605)335-3643 or info@abstinence.net. Thank you for raising the bar in your community! We hope you will consider partnering with us!

THE TRUTH SERIES

ABSTINENCE.NET



THE TRUTH ABOUT STDs

- Learn Treatments and Symptoms for Nine Different STDs
- View STD Research from the Centers for Disease Control
- STD Quick Facts



THE TRUTH ABOUT ABSTINENCE

- Learn the Value of Waiting
- Identify Cultural Sex Myths
- Commit to Waiting Until Marriage Despite Past Decisions



THE TRUTH ABOUT PORNOGRAPHY

- Learn the Effects Pornography Has on the Brain & Relationships
- Identify Triggers That May Lead to Viewing
- Seek Accountability
- Develop a Long-Term Success Plan



THE TRUTH ABOUT LIVING TOGETHER BEFORE MARRIAGE

- Discover How Living Together Before Marriage May Affect Your Life
- Learn What Waiting Until Marriage Looks Like
- Commit to Setting Relational Boundaries & Personal Goals

REQUEST YOUR FREE BROCHURE SAMPLES BY CALLING (605)335-3643 OR EMAIL INFO@ABSTINENCE.NET.

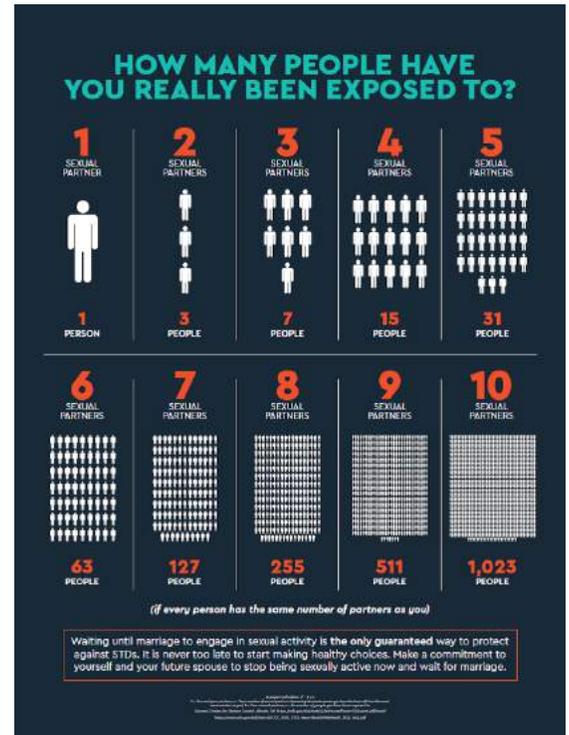
SEXUAL EXPOSURE CHART

ABSTINENCE.NET

SEXUAL EXPOSURE CHART POSTERS

SIZES AVAILABLE 18x24 AND 24x36

- Discover How Many People You Have Been Exposed To
- Learn the Benefits of Waiting Until Marriage
- Commit to Setting Relational Boundaries & Personal Goals



SEXUAL EXPOSURE CHART CARD

SIZE 5x5

