

of having to explain to yet another person why you're feeling the way you are.

You don't want to be seen as a 'whinger'

"We stopped telling people simply because some of them are sick of hearing it. You can see that when we start to talk about yet another month going by, they're thinking 'why don't you just get on with your life?'"

– Benjamin, 40

No-one likes to be seen as a whinger. We all know of people who we think moan and groan about everything that happens to them and we want to avoid them at all costs. What that means is that we don't want to join them, so we don't say how we're feeling.

Bad things happen to everyone and sometimes, it is easy to feel that the people listening to your tale of woe are thinking 'problems? You think you're the only one with problems?'

Unless you've got very open and honest relationships with all your friends, you may feel that you're burdening your friends (or family) with stories of unsuccessful attempts to have a child and that they're actually getting tired of hearing about it.

Controlling our emotions

Unfortunately, many of the emotions that you'll feel when going through a hard time in conceiving – confusion, anger, pain, numbness, and a lack of patience with people – are not in the tidy little bundle of emotions that we're taught are the preferred ones to feel. We all want to be happy, joyful, relaxed, and ecstatic. We don't want to be angry, impatient or hurting. So one of the reasons to try to hide how you're feeling could be that you're experiencing emotions that we are taught to suppress, hide or not acknowledge.

[See also: 'Anger' on page 70]

Regardless of how you control your emotions, it can actually add to the confusion that you may already be feeling.

Internal conflict

"When people ask me how I am, I give them a standard answer – fine. The thing is that it makes me feel bad because I'm not. It makes me feel worse."

– Guy, 34