

appropriate to fire back an angry or sarcastic response at everyone, despite how good it may feel at the time. If you did, it would damage valued relationships. Sometimes just saying it honestly is the best thing to come from a conversation. Many couples say they are educating their loved ones about their situation by just being honest about how they feel. It's hard to do, but respects that they probably won't know how you feel unless you tell them.

These suggestions are just that - suggestions. They are not necessarily something to write on a cue card that you can drag out whenever required, neither are they guaranteed to get you out of a conversational jam. Each situation may require its own verbal two-step to ensure the outcome is what will get you through at the time. It may sound bizarre, but actually practising these situations can make it easier as they occur. And while it may seem like you're learning your lines, it will save you heaps of stress in the heat of the situation. After all, professional athletes don't practice during matches.

So, to quote a famous gameshow host, we surveyed 100 people who have dealt with these comments and came up with the Top Ten Most Challenging Comments.

1. ***“Just relax and I'm sure it will happen”.***

What the hurt, angry you may have heard: ‘I'm the expert on what you're going through. It must be you causing the problem. Getting pregnant is easy; everyone does it. Just stop worrying and it will happen.’

How it was probably meant: If couples having fertility problems had a dollar for each time they'd heard this suggestion, they could afford to buy their own fertility clinic. So why do we hear this comment almost universally? People are just responding to a popular myth that relaxing in some way helps your fertility. The myth is that somehow there is a connection between sperm, eggs and relaxation. The reality is that if you needed relaxation to conceive, there would be no conception during war or after a rape - but it happens in these cases. Just think of it, it's not just the relaxed people in the world who become parents and the cranky tense ones who don't. People who provide this comment are just trying to help and are reflecting a social myth. And unfortunately, many people have anecdotes of how people relaxed and all of a sudden became pregnant. You'll hear them. Each and every one of them. The little brother of this comment is ‘Why don't you just take a holiday and relax? A friend of mine went away and got pregnant straight away’. While this may be true, perhaps