

How Infertility Affects Marriage

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Infertility affects more than just the woman or the man that it is affecting. It affects couples and it affects marriage.

When most people think of **infertility**, they think of how it affects a woman. How it makes her feel and what it makes her think. Most people do not stop to think about how infertility can affect a marriage. Infertility can really have a negative impact on a marriage, but it doesn't have to be that way. An estimated twenty percent of couples will **struggle with infertility** at some point, so it is actually a very common problem. Today we are going to talk about some of the factors that can affect a marriage related to infertility.

1

Communication

Communication is a big one. Sometimes when a couple is faced with infertility, their communication shuts down. This is usually because one of them feels responsibility or guilt for the infertility, and they just aren't able to talk about it anymore. Communication, however, is one of the key parts of dealing with infertility as a couple. You have to talk about it. You have to lay all of your thoughts and

beliefs out on the table, and discuss what you are willing to do. What if you can't conceive naturally? Will you do **fertility treatments**? How will you afford them? What if they don't work? What is your next step? It is important to have this (sometimes very difficult) conversation so that you can know what is going on in your partner's mind.

2

Guilt

Guilt is a very common feeling for couples suffering from infertility. Sometimes both people feel guilt about not being able to conceive. Sometimes one half of a couple will feel guilty for not being able to "give the other person what they want" when it comes to having a baby. It is important to deal with guilt head on. No one is "responsible" for not being able to have a child. It is important to realize that neither person is to blame for infertility and that you are a team. Face the infertility head on like a team and don't place any guilt or blame on the other party, or on yourself.

3

Money issues

Of course, fertility treatments are very expensive and often not covered under insurance.

The **financial side of fertility treatments** can often be a hot button topic for many couples. How far are you willing to go? How much are you willing to spend? These questions can really cause problems in a relationship, especially when both parties have different answers. You have to figure these things out before you get in too deep. Sit down together and discuss the financial side of fertility treatments, even if the conversation is not a pleasant one.

Infertility, in some cases, can wreak havoc on a couple's relationship, but it doesn't have to be that way. Sometimes infertility can bring you closer as a couple and help you strengthen and develop your bond even more. If you face infertility head on with your partner, you will be able to tackle it together, rather than separate. Tackling the problem together can strengthen your bond as a couple, and help you come out of the other side even more connected than ever, knowing that you have weathered one of life's biggest storms as a team.