

Am I Going to Like this Method of Birth Control?

It is important to choose a method of birth control that works well to prevent pregnancy. All the methods this clinic offers work well – if you use them carefully.

It is also important to choose a method you like! Ask yourself these questions so you can judge carefully.

What type of birth control are you thinking about?

Have you ever used it before?

How long did you use it?

Are you afraid of using this method?	Yes	No	Don't know
Would you rather not use this method?	Yes	No	Don't know
Will you have trouble remembering to use this method?	Yes	No	Don't know
Have you ever become pregnant while using this method?	Yes	No	Don't know
Will you have trouble using this method carefully?	Yes	No	Don't know
Do you have unanswered questions about this method?	Yes	No	Don't know
Does this method cost more than you can afford?	Yes	No	Don't know
Does this method ever cause serious health problems?	Yes	No	Don't know
Do you object to this method because of religious beliefs?	Yes	No	Don't know
Have you already had problems using this method?	Yes	No	Don't know
Is your partner opposed to this method?	Yes	No	Don't know
Are you using this method without your partners knowledge?	Yes	No	Don't know
Will using this method embarrass your partner?	Yes	No	Don't know
Will you enjoy intercourse less because of this method?	Yes	No	Don't know
Will this method interrupt lovemaking?	Yes	No	Don't know
Has a nurse or doctor ever told you not to use this method?	Yes	No	Don't know

Do you have any “don’t know” answers? Ask your clinic counselor to help you with more information.

Do you have any “yes” answers? “Yes” means you may not like this method. If you have several “yes” answers, chances are that you might not like this method. Ask your clinic counselor to talk this over with you. You may need to think about another method. We want to help you find a method you will like!