

IMAGINING YOUR



DREAM CHILD

Worksheet

Adopting a child is a profound and life-changing decision. This worksheet will guide your client through the introspective process of envisioning their 'dream child' while balancing honesty with flexibility. It will help the client identify areas of concern and distinguish between the idealized 'dream child' and the real child who would become a part of the family should the client choose to adopt a child.

The "Dream Child" Exercise

Step 1: Imagine Your Dream Child

Take a moment to close your eyes and imagine the child you dream of adopting. Think about their personality, appearance, and the life they will lead with you.

Step 2: Write Down Your Thoughts and Criteria

Detail the traits and characteristics of the child you envision. Consider the following criteria:

- Age
- Race
- Gender
- Ethnicity
- Religion
- Culture
- Sibling group
- Differently-abled
- Medically fragile
- Physical, emotional, behavioral, and medical challenges

Step 3: Reflect on Your Criteria

Review your list. Be honest with yourself about which traits are absolute must-haves and where you can be flexible.

Absolute Must-Haves:

Areas of Flexibility:

Step 4: Identify Areas of Concern

Circle any characteristics that give you pause or that you have concerns about.

Step 5: Explore Your Concerns

Discuss the circled areas with a loved one and coach. Create a safe space to explore your true feelings and beliefs.

Step 6: Balance Honesty and Flexibility

Finding the sweet spot between flexibility and honesty is crucial. Your decisions should be based on facts and self-awareness. This balance will help you embrace and love the real child who will become part of your family.

Potential Consequences of Overcommitting

Overcommitting can have severe emotional, psychological, and logistical consequences for both the child and you as an adoptive parent. Thorough preparation and honest self-assessment are key to avoiding these pitfalls. This exercise is about understanding your true capacities and boundaries, ensuring you can provide a loving and supportive environment for the child.

Conclusion

Preparing to adopt a child requires deep reflection and honest conversations. By balancing your dreams with the realities of what you can handle, you ensure a positive and sustainable outcome for both your family and the child. This preparation helps you embrace the real person who would become part of your family, making your adoption journey fulfilling and successful.
