

Printable Version

A Reflective Tool for Clients Navigating Stigma, Trauma, and Recovery During Pregnancy

Shame, Judgment & Prenatal Use

FOR CLIENTS EXPLORING THEIR EXPERIENCES
WITH STIGMA, MEDICAL TRAUMA, AND
SUBSTANCE USE DURING PREGNANCY.

Starting Where You Are

There are no wrong answers. Just a space to name your truth.

- What feelings come up when you think about your pregnancy and substance use?
- Are there moments when you've felt judged or misunderstood—by providers, family, or even yourself?
- What words or labels have others used that hurt you?

Stigma & Silence

Judgment thrives in silence. You deserve space to speak.

- Have you ever avoided seeking care because you were afraid of being judged?
- What messages have you heard (from media, providers, or others) about people who use substances during pregnancy?
- What's something you wish someone had said to you instead?

Reclaiming Your Story

You are more than one moment. You are more than one label.

- What strengths helped you survive or care for yourself through this time?
- What do you want people to understand about your experience?
- What would healing or self-compassion look like for you now?

"Right now, I want to remind myself that

_____ "

This guide supports healing conversations by inviting honest reflection on judgment, silence, and strength—creating space for self-compassion and empowered storytelling.

Underrated
Superhero

© 2025 The Underrated Superhero LLC. All rights reserved. This infographic is for educational purposes only. It is not intended as a substitute for professional advice. V1.0