



## A DOZEN DIFFERENCES BETWEEN

### NATURAL FAMILY PLANNING & CONTRACEPTION METHODS

Is in harmony with fertility			Interferes with fertility
Treats fertility as a gift			Treats fertility as a disease
Fosters increased communication			Requires little/no communication
Encourages "SPICE" (Spiritual, Physical, Intellectual, Communicative, Emotional) concept of sexuality			May inhibit "SPICE" growth
Promotes marital bonding			May promote feelings of being used
Reports less than 5% divorce rate			Reports greater than 50% divorce rate
Is effective to avoid and achieve pregnancy			Used only to avoid pregnancy
Encourages the couple to revisit the decision to avoid or achieve pregnancy			Assumes avoiding pregnancy
Can change use of the method to avoid or achieve pregnancy at a moment's notice			Requires discontinuing the method to achieve pregnancy
Is open to God's will for life			Is closed to beginning a new life
Protects the love and life nature of marriage			Interferes with love and life nature of marriage
Is healthy & brings awareness of the women's reproductive abnormalities for treatment			May cause side effects requiring treatment