

## NATURAL FAMILY PLANNING QUESTIONNAIRE

The first 17 questions have answers provided on the back. Share your answers to questions #18 - #20 with your Priest and the NFP teaching couple you are working with by email. Please contact your NFP teaching couple at any time with any questions you have.

Steve and Julie Mosholder [Steve@Mosholder.com](mailto:Steve@Mosholder.com) Leo and Toni Doty [akdoty@kent.edu](mailto:akdoty@kent.edu)

1. What is Natural Family Planning (NFP)?
2. What are the benefits of NFP?
3. What are the challenges of NFP?
4. Why should a husband know about his wife's fertility?
5. What is the difference between the rhythm method and modern NFP methods?
6. How can practicing NFP lower chances of a divorce?
7. T F NFP is 98% effective. {Fehring, R., Shneider, M., Raviele, K., Barron, M. (2007); Frank-Herrmann 2007; Grimes 2005; Manhart, M., Duane, M., Lind, A., Sinai, I. & Golden-Tevald, J. (2013); Trussell, J. 1995-2004}
8. T F NFP can only be used if a couple has regular cycles.
9. T F The divorce rate for NFP practicing couples is less than 5%.
10. T F The Church expects married couple to have "lots" of children.
11. Our fertility is: A. a disease B. something to be medicated C. a gift from God D. bad
12. Our sexuality is something to be: A. Medicated B. Repressed  
C. Kept hidden D. Cherished as a gift from God
13. Hormonal Contraceptives significantly increase a woman's risk of:  
A. Breast Cancer B. Blood Clots C. Stroke D. Cervical Cancer  
E. Liver Tumors F. Loss of Bone Density G. Loss of Sexual Drive E. Weight Gain  
F. Moodiness G. Migraines H. All of the above  
[C. Kahlenborn et al, Mayo Clinic Proceedings 81:10 (2006); Lidgard et al, British Medical Journal (2012).
14. T F If a woman takes hormone birth control pills before her first pregnancy, she increases her risk of breast cancer by over 40% {Mayo Clinic meta-study}.
15. T F The World Health Organization designates the hormones in birth control pills as being a CLASS 1 CARCINOGEN, the same category as cigarettes and asbestos.
16. T F The birth control pill has abortifacient properties (can cause a spontaneous abortion.)
17. T F Natural Family Planning respects God's plan for married love and is encouraged by the Church.

Couple Names:

Priest:

\*18. What do you like about NFP?

\*19. What are your concerns about NFP?

\*20. Do you plan to attend a full NFP class to formally learn a method?

For a list of local classes: <http://ccdocle.org/program/natural-family-planning-classes> or ccli.org

1. NFP is a method of achieving or avoiding pregnancy by observing the changes in a woman's body that indicate her fertility. Any couple can determine a woman's fertile and infertile times and make a prayerful and conscious decision about cooperating with God to bring a new life into the world.

2. 1. *Improves marriages*: It takes two to make it work. Takes Cooperation and a real understanding of true love. You MUST communicate and communication is so important in a marriage. There is a deeper respect for each other.

2. *Empowering*. Increases health awareness: It teaches you to be aware of your normal fertility pattern so if there is any change, you will be alerted to any medical problems.

3. *Low cost*. Once you take a class, there is no cost. After paying for a thermometer, it's free and the thermometer comes with the class fee.

4. *Immediately reversible*. You just change your timing to conceive. There's no waiting period. And there has been no damage to your fertility – as can happen with unnatural methods

5. *Morally acceptable* – It is the only means of family planning approved by the Catholic Church – [Humanae Vitae 1968 Pope Paul VI] The Church shares a loving invitation to all mankind, but especially married couples, to embrace God's precious gift of life. Pope Paul VI predicted what would happen to a society that accepts contraception: - Increase in marital infidelity leading to increase in divorce; - Governments insisting that they can employ contraception "to solve certain difficulties affecting the whole nation." {China's diabolical "one child" policy. Only now are we beginning to see just how right Humanae Vitae was -- written 40+ years ago}

6. *Harmless, Natural*, no surgeries. As a husband, why would I want to expose my wife to such potential harm. Can be used with regular and irregular cycles, all through a couple's life.

3. Abstinence. Not easy, but helps the couple focus on their true love for each other. Couples are able to find other ways of showing romantic love for each other.

4. It's empowering to know about our fertility. We can better understand our spouse. We better understand the incredible science behind our fertility and the intricate working of our bodies.

5. NFP is based on the physiological signs of fertility and infertility that occur in every cycle of each unique woman. The rhythm method was based on all women having a similar fertility cycle length.

6. NFP fosters growth in marriage through self-control and other virtues needed to follow Christ. Far from being against sex, NFP enables a couple to embrace intercourse as a special language of total and reciprocal self-giving and of joy and delight in harmony with God's loving design. NFP promotes dialogue, reciprocal respect, shared responsibility, self-control, patience, gentleness, intimacy, dignity, and generosity. NFP respects nature and respects women. All of these traits help to promote marriage. In contrast, contraception promotes selfishness, potentially serious health risks, potential abortion, no communication, no responsibility, and a chauvinistic mentality (viagra enhances *virility* vs. contraception which induces *sterility*). Contraception isolates responsibility of fertility to one spouse and takes apart what God has put together in a marriage. Each of these traits lead to the destruction of marriage. Research from the Couple to Couple League Study (1985) and the National Council of Catholic Bishops Nationwide Study (1989) indicates that the rate of divorce of those practicing NFP is less than 5%. For a 2003 summary of more recent NFP studies, see [www.usccb.org/prolife/issues/nfp/cmrsf03.htm#2](http://www.usccb.org/prolife/issues/nfp/cmrsf03.htm#2).

7. True      8. False      9. True. See the answer to #8

10. False. The Church teaches us to be responsible parents. The size of each family is something that can only be determined by the couple. Neither the Church nor the state can impose a limit or expectation on the number of children. {Humanae Vitae, 1968, Pope Paul VI}

11. C      12. D      13. H      14. True      15. True      16. True      17. True