*Feedback from participants*

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| *“It was helpful to validate my feelings and to know that I am not alone”.* | *“This program helped me to think about my fertility struggles in a new way. It helped me to discover coping strategies”.* |
| *“I think it was good to get tools to deal with the fertility struggles and to think about the situation from new perspectives”.* | *“The treatment helped me to treat myself better. My bad feelings diminished”.* |
| *“It helped me when I was down because of my infertility condition”.* | *“It was strange to see that most people experiencing infertility have similar thoughts”.* |
| *“Really helpful. Parts B-D helped me the most. The focus on not being stressed was killing me and making me so stressed”.* | *“This program helped me tremendously to understand myself better and to be kinder to myself. I am going to be fine no matter what”.* |
| *“I found it difficult to spend time in front of a computer after work”.* | *“I liked what I finished, but the English/Icelandic accent was distracting”.*  |
| *“The program removed most of my bad feelings. It helped me to know that I was allowed to be stressed and stress was not causing my infertility”.* | *“I liked the overall program, but there was one thing that made me almost quit two times. It has to do with the "child free lifestyle”.*  |