

# A Dozen Differences Between Natural Family Planning and Contraception

## Natural Family Planning

Is in harmony with fertility

Treats fertility as a gift

Fosters increased communication

Encourages “SPICE” (Spiritual, Physical, Intellectual, Communicative, Emotional) concept of sexuality

Promotes marital bonding

Reports less than 5% divorce rate

Is effective to avoid and achieve pregnancy

Encourages the couple to revisit the decision to avoid or achieve pregnancy

Can change use of the method to avoid or achieve pregnancy at a moment’s notice

Is open to God’s will for life

Protects the love and life nature of marriage

Is healthy and brings awareness of the woman’s reproductive abnormalities for treatment

## Contraception

Interferes with fertility

Treats fertility as a disease

Requires little/no communication

May retard “SPICE” growth

May promote feelings of being used

Reports greater than 50% divorce rate

Used only to avoid pregnancy

Assumes avoiding pregnancy

Requires discontinuing the method to achieve pregnancy

Is closed to beginning a new life

Interferes with love and life nature of marriage

May cause side effects requiring treatment



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