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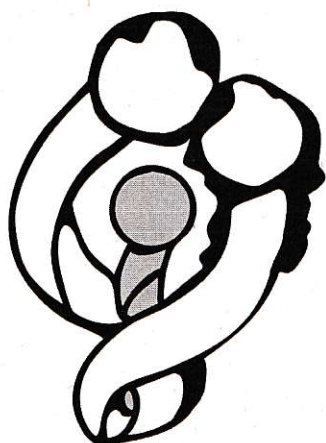
We know

books

PSYCHOTHERAPIST
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WHY DO WE REALLY WANT A BABY?

— FROM REASONS TO CONSEQUENCES —



LETRAS

Promovăm autorii români

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*Chapter 1***Why was this book written?**

This book was not written out of a sudden impulse, but out of an accumulation—of observations and knowledge. Over the years, I have noticed and witnessed unspoken questions and subtle pains that lingered in my mind after every conversation with an exhausted mother, an absent father, or a child who doesn't understand why they are never 'enough.'

For a long time, I have looked around and seen children carrying burdens that do not belong to them. Children brought into this world as solutions, shields, or rescue projects. Children growing up in the absence of authentic love, yet in the presence of suffocating expectations.

I see parents who have never asked themselves *why* they want a child. Those who have confused desire with need, love with fear, and maturity with conformity.

I see adults living out their own unlived childhoods through their children. Those who follow the principle: 'If I didn't have it, my child should.' Those who see a chance to finish a degree, for instance, through their child, because they couldn't do it in their time. I see adults who project, repeat, and transfer.

And I see children growing up with wounds that are invisible to some, yet deep. Wounds that do not heal with age but transform into patterns, blockages—in other words, into silent suffering. I see children crying out for love and attention, wanting to learn from their own mistakes, wanting to carve their own path in life, yet growing up according to templates.

Society teaches us that the desire to have children is natural, instinctive, and universal. But what happens when instinct is distorted by trauma, pressure, or the need to belong? What happens when ‘having a child’ becomes a checkmark on a life list, rather than a conscious choice?

I have felt, more and more acutely, that children around me are being born for the wrong reasons. Not morally wrong, but wrong because they are unconscious.

I started writing because I have seen too many unhappy people who do not know how to manage their sadness, pain, frustration, and unfulfillment.

For future parents, the motivation often hides behind phrases like ‘it’s time,’ ‘the biological clock is ticking,’ or ‘it’s just what you do’—yet beneath these, there may lie an untold, painful story.

I wrote this for the woman who feels guilty for not feeling the maternal instinct. For the man who doesn’t know if his desire for a child stems from love, from a need to feel whole, or from a desire to please his parents. For the couple wondering if a child will save their relationship. For those who choose not to have children and are sometimes viewed as ‘outcasts.’ Because bringing a life into this world is not merely a biological act, but an act of conscience and responsibility.

This book is a campaign, if you will—a call to awareness, an invitation to introspection. It is not about parenting, but about *pre-parenting*. It is about that moment of absolute honesty when we ask ourselves:

- Am I ready to become a parent?
- What truly motivates me?
- What emotional baggage am I carrying?
- What kind of world do I want to create for my child?
- What expectations do I have of my child?

If we do not ask ourselves these questions, we risk bringing children into this world who will become lost adults—lost in their thoughts, negative beliefs, emotions, relationships, professions, and in life itself. And we, as future parents, risk losing ourselves in this role, seeing the raising and education of our children as an eternal sacrifice. However, it is far more rewarding to walk the path accompanied by someone than to feel like you are carrying them on your back for a lifetime.

This book is not a guide; it does not tell you what to do. But it makes you pay attention to the consequences—something that applies to every family member involved.

This book does not judge, yet it does not coddle either. It challenges you and holds up mirrors. It opens uncomfortable conversations and offers you a space to truly listen to yourself.

If you are reading these lines, it means you are searching for answers, and that, in itself, is an act of courage.

And if we do not start talking about this subject, we will carry on to repeat the same mistakes. In silence, out of both love and ignorance.

Chapter 2

Why do we choose to become parents?

*„Children don't need perfect parents.
They need authentic parents“.*

Gabor Maté

The decision to become a parent is, perhaps, one of the most intimate and complex choices a human being can make. Although in contemporary society it is often presented as a natural stage—a “normal” step in the evolution of life—in reality, this choice is profoundly influenced by a multitude of factors: some conscious, others subtle, hidden within the deep layers of our psyche. Becoming a parent is not merely a biological decision, but an existential one, involving a redefinition of the self, a shift in roles, and a responsibility that spans decades.

In the past, having children was a necessity—a guarantee of family survival, a form of insurance for old age, a religious obligation, a helping hand for household chores, or a duty to one's lineage. In traditional societies, fertility was celebrated, and motherhood was seen as a supreme virtue. Today, in the era of

choice and individualism, the decision to become a parent is no longer dictated by external needs, but by an inner search—and that is precisely why it becomes more complex, more fragile, and more personal.

In this chapter, we will examine the four most frequent motivations underlying the decision to have a child: desire, meaning, the idea of continuity, and conscious choice. Each of these carries nuances, ramifications, and profound implications for how the parent-child relationship will be built.

A client once told me: *“I look around and see how all my friends have children. I feel strange that I don’t have the same impulse. I wonder if there’s something wrong with me or if, quite simply, it’s just not the right time. I’d like us to go out more often, as we used to, but they are always busy with various activities for the kids or have no one to leave them with. At every meeting with my family of origin, my parents ask me when I will give them a grandchild. It’s as if I wouldn’t exist without the role of mother.”*

If we pause for a moment on this account, we notice the weight of the story and the mission my client grew up with: that it isn’t normal not to have children, as if something were broken within you; that it is a sign of selfishness not to sacrifice your life for your own children. And just like that, the belief takes root that “I am not good enough and perhaps I never will be.” *How can I exist or be happy if I don’t have children?*

But what happens when we choose to become parents not out of love, but out of fear? Not out of consciousness, but out of conformity? Not out of maturity, but out of a need to feel whole?

I remember a client who said: *“My wife has wanted a child for years. Me... I don’t know. I’m terrified of the idea that I won’t be a*

good father. That I'll repeat my father's mistakes that I won't have time for myself, for us. But at the same time, I think that maybe this is my chance to break the cycle, to do things differently. And yet, when will I know that I'm ready for this?"

Let us settle for a moment on this account.

First, there is the fear of repeating certain family patterns—a central theme in transgenerational psychology. This was a theme my client brought into therapy himself, rather than one identified as a new observation following the drafting of the genogram. The man fears becoming a copy of his father, which suggests that his relationship with the paternal figure was marked by pain, absence, or dysfunctional behaviors. This fear indicates an awareness of trauma, but also a desire to overcome it. He is not running from the past; he views it with lucidity, which is a sign of psychological maturation.

Next, the conflict between the desire for autonomy and relational responsibility takes shape. *"To have time for myself, for us"* expresses the need for personal space, for freedom, and for maintaining an individual identity within the couple. This is a legitimate concern, especially since the arrival of a child can radically transform the dynamics of a relationship. This part of the phrase suggests that the man is not only concerned with the role of father, but also with maintaining balance in the couple's relationship—a sign that he does not see the child as a "salvific glue," but as a challenge to be embraced by both partners. I believe it is wonderful not to lose ourselves in a single social role, but rather to support our entire lives on as many pillars as possible.

At the same time, an emotional ambivalence emerges: fear and hope. *"Maybe this is my chance to break the cycle"* is an extremely

powerful statement. It indicates a deep motivation—not just to become a father, but to transform a painful legacy into an act of healing and reparation. It is the voice of a man who does not want to repeat, but to rewrite—to give a positive connotation to a story already written. This intention is essential in the process of conscious parenting: *I already know how my father behaved toward me; I wish to become a much better version of him, keeping what I liked and what did me good, while eliminating and transforming what I no longer like.*

Finally, the question “*And yet, when will I know that I’m ready for this?*” is an existential one. It expresses identity uncertainty, the fear of failure, but also the need for validation. In psychotherapy, such questions do not have absolute answers; instead, they become starting points for exploration. Readiness does not come from a magic moment, but from a process of commitment, of learning, and of accepting imperfection.

This entire passage is an example of emotional consciousness in the making. It is not the voice of an unprepared man, but of a man who is preparing—through reflection, through fear, and through hope. And it is precisely this honesty that brings him closer to a conscious choice.

In conclusion, becoming a parent is not a simple “check-off” on a predetermined path. It is a choice born from a mixture of desire, fear, personal history, and projections of the future. For some, it is a profound calling. For others, a question without a clear answer. And for many, a decision that transforms over time, as wounds heal, needs are clarified, and identity is redefined.

In therapy, the question “*Do I really want to be a parent?*” has no universal answer. But it holds immense value simply because

it is asked. It opens doors to the self, to the relationship with parents, with the partner, and with the future. It is a question that does not demand haste, but honesty. It does not demand perfection, but courage.

Regardless of the answer, the process of exploration is in itself a form of maturation. Because we are not just choosing whether to have a child; we are choosing what kind of people we want to be in the face of a decision that can profoundly transform us.

2.1. Desire

The desire to have a child is, on the surface, a natural impulse. It is often expressed through phrases like “I feel like I want a child,” “I want to be a mother,” or “I would like to have someone of my own.” However, desire, in its raw form, is not always an indicator of a mature choice. It can be fueled by unfulfilled needs, social pressures, comparisons, or personal ideals.

Psychologically speaking, this desire can hide a need for validation, belonging, or unconditional love. Some people want a child because they feel that, in doing so, they will be loved, seen, and understood. Others want a child because they grew up with the idea that this is life’s ultimate purpose. Desire can also be a reaction to loneliness, to the fear of growing old alone, or to the need for an external “meaning” to fill internal voids.

It is important to ask ourselves: what generates this desire? Is it an expression of emotional maturity or a form of compensation? Desire, in itself, is not wrong. But if it is not accompanied by reflection—by a deep understanding of the motives behind it—it can

lead to impulsive decisions, projections onto the child, and strained relationships.

A child is not an answer to an unspoken question. They are not a bandage for an old wound. They are not a trophy, an achievement, or a guarantee of happiness. The desire to have a child needs to be coupled with the ability to see them as a separate being, with their own needs, dreams, and paths.

The desire to have children is not always born from a rational decision. Sometimes, it emerges as an inner whisper, a diffuse emotion that cannot be explained in words. It is a calling that creeps in during moments of vulnerability, in recurring dreams, or in questions that have no immediate answer. It is a desire nourished by many sources—some deeply rooted in biology, others in the soul, and others in the imagination.

The Biological Instinct – The instinct to perpetuate life is one of the oldest human impulses. It requires no moral or social justification. It manifests subtly: in the moments we see a child smile, when we feel an inexplicable void around young families, or when our bodies react to the fragility of a tiny being. It is a desire that demands no logic, only presence. In therapy, many discover that this calling does not stem from a conscious plan, but from a profound part of the self that seeks to leave a mark, to continue a story.

The Need for Unconditional Love – For some, the desire to have children is closely linked to the need to love and be loved in a pure way, unaltered by conditions or expectations. It is the dream of a relationship where affection is not negotiated but offered in abundance. In this vision, becoming a parent becomes a form of healing—an opportunity to experience a love that does not demand performance, but simply presence. Within this desire lies the hope