



Sometimes a bandage just won't do.

...re little, a bandage and a kiss made the pain go away.

...is in your heart.

...om an abortion can be jagged and deep. You may not
...e. You need to feel understood —perhaps forgiven.



Let us help.

We don't offer a bandage or a quick fix. We offer support and the help of people who have been there and have been healed.

Deciding to seek help may be one of the toughest decisions you have made. But it may be one of the best.

You may have heard that abortion is a quick, painless answer to the problem of pregnancy. We know, from experience and from this is simply not true for many women.

is self-assessment to see if you have symptoms of trauma. If the list reflects problems you've experienced since your abortion, and you feel stuck, you may need help. Take a moment and read about some of the women who have dealt with following their abortions. See if you can relate to any of them.

But there is help.

Dear Friend,

When I was 19, I dated a man who said he would love me forever. When I told him I was pregnant with his child, he was very calm and understanding and told me he would "take care of it."

At first I thought he meant he would marry me and support me through the pregnancy and help me raise our little child. Instead, he meant he would pay for an abortion.

At the time I felt incredibly angry with him, but went ahead with the abortion. I have never been the same. For years I hated myself, and I cried myself to sleep many nights. Sometimes I woke up to the sound of a baby crying. But there was no baby...only a sad, sad dream. I thought I was going crazy.

I suffered for seven years before getting to the point where I was ready to get help. I found hope and healing through an abortion recovery group. There I shared with others who had many of the same problems I did. Together, we grieved the loss of our children, and worked toward healing. Although I still feel regret over my decision, I have been able to forgive my former boyfriend and recover from the pain of the abortion.

I hope you will read this card and reach out for help.

Tana

When you were little, a bandage and a kiss made the pain go away.

Now, the pain is in your heart.

The wound from an abortion can be jagged and deep. You may not heal with time. You need to feel understood —perhaps forgiven.



Let us help.

We don't offer a bandage or a quick fix. We offer support and the help of people who have been there and have been healed.

Deciding to seek help may be one of the toughest decisions you have made. But it may be one of the best.

You may have heard that abortion is a quick, painless answer to the problem of an unplanned pregnancy. We know, from experience and from research, that this is simply not true for many women.

Read through this self-assessment to see if you have symptoms of post-abortion trauma. If the list reflects problems you've experienced since your abortion, and you feel stuck, you may need help recovering. Take a moment and read about some of the issues other women dealt with following their abortions. See if you identify with any of them.

Self-Assessment

- 1 Have you changed as a person since your abortion? Yes No
What were you like before your abortion?

How are you different now?

- 2 If your sister or best friend were thinking about having an abortion, would you tell her not to have one? Yes No

- 3 Did you have your abortion in spite of believing it was wrong at the time? Yes No

- 4 Check the following problems that have bothered you since your abortion:
 I struggle with eating disorders.
 I find myself in abusive relationships.
 I'm having more frequent unprotected sexual activity.
 I'm using drugs and/or alcohol to distract myself from my pain.
 I often feel so sad that I can't handle my responsibilities.
 I often think about hurting myself.
 I keep having the same nightmare over and over.

- 5 Do you shut down or feel numb when you're in a highly emotional situation? Yes No

- 6 Do you experience explosive emotions? Yes No

- 7 Has your relationship with God changed since your abortion? Yes No

If yes, in what way? _____

- 8 Do you feel you must hide your abortion or your feelings about it? Yes No

- 9 Have your relationships with men changed? Yes No

If yes, in what way? _____

- 10 Do you avoid people or situations that remind you of your abortion? Yes No

- 11 Did someone pressure you into having the abortion? Yes No
If yes, what is your relationship like with that person now?

- 12 Do you feel like you're all alone with the emotional pain you are feeling? Yes No

- 13 Are you interested in joining a support group for women who have had abortions to work through some of these problems? Yes No

If you answered "yes" to any of the previous questions, you may be suffering from post-abortion syndrome. Call the phone number on the back of this card to talk to someone. We are here to help you heal. Please call.

Concepts excerpted from Penny Salazar & Luci Freed's book, *A Season to Heal*, Cumberland House Publishers, Inc.



Are you ready to work through your grief and move beyond your pain?

An abortion recovery group offers support, information, and a safe place to begin to heal.

You don't need to suffer any longer.

Call us to find out about a group in your community.

Let us help.
We offer support
and help...

For more information call: