



## Have You Had an Abortion?

### Are You Experiencing Symptoms of Post-Abortion Distress?

#### Emotional/Psychological Symptoms

- Guilt
- Unable to “forgive self”
- Emotionally numb
- Shame
- Sorrow
- Unworthiness
- Self-condemnation
- Feel degraded/debased
- Anger
- Depression
- Anxiety
- Loneliness
- Bitterness
- Confusion
- Fear God’s punishment
- Remorse
- Grief
- Hopelessness
- Helplessness
- Rage
- Anguish
- Panic
- Frustration
- Feel exploited
- Self-hatred
- Despair
- Regret
- Feel isolated/alienated
- Feel rejected
- Horror
- Fear/dream about losing a child
- Flashbacks and/or nightmares
- Fear another pregnancy or fear infertility
- Feel inferior
- Fear failure
- Preoccupation with anniversary date or due date
- Crying spells

#### Behavioral Changes

- Secretive
- Sleep disturbances
- Divide time into “before” and “after” the abortion
- Avoid baby reminders
- Reduced motivation
- Loss of normal sources of pleasure
- Self-punishing and/or self-degrading behavior
- Eating disorders
- Alcohol and/or drug abuse
- Suicidal impulses
- Promiscuity or frigidity
- Loss of interest in sex
- Marital stress
- Abusive/tolerates abusive relationships
- Withdraws from others
- Difficulty with all types of intimacy
- Changes in relationships
- Want replacement/atonement child
- Damaged mother/child relationships
- Over-protective of living children
- Failure to bond with subsequent children

If you’ve had an abortion and suffer as the result, call us at 208-882-2370.