

## Share Mercy with Post Abortive Women

The Center has no desire to add to a client's pain. Therefore it is important to recognize and be sensitive to possible Post Abortion Syndrome (PAS) symptoms during counseling.

### Side Effects of an abortion:

Women report symptoms of PAS immediately or over a period of time. Some of the relevant factors are:

- Age
- Circumstances of abortion
- Stage of fetal development
- Religious beliefs

Some women may feel guilty, sad, or empty, reporting serious psychological effects of:

- Anger, anxiety, or panic
- Denial or depression
- Grief or regret
- Flashbacks and nightmares

Some women report these feelings occur, recur, or may be felt stronger at specific times

- The anniversary of the abortion
- A desire to become pregnant
- At another abortion
- A normal birth

Some women's attempt to cope leads to other problems such as:

- Alcohol or drug abuse to escape reality and dull the pain
- Avoidance of emotional attachment or others who are pregnant
- Eating disorder
- Inability to bond with other children
- Isolation or lowered self-esteem
- Sleep irregularity
- Suicidal thoughts and behavior
- Sexual dysfunction

### We suggest self-analysis for post-abortive clients

If person answers yes to two or more of the following questions, they will likely benefit from participating in an abortion recovery support group designed for healing and restoration. The Center screens all referrals and hands out information only for organizations that understand and protect the post-abortive persons need for privacy. They will keep all personal information confidential. The person is reassured that they are not alone and encouraged to reach out for help.

\_\_\_\_\_ Do you find yourself struggling to turn off the feelings connected to your abortions(s), perhaps telling yourself to forget about it?

\_\_\_\_\_ Do physical reminders of your abortions affect you?

\_\_\_\_\_ Are there certain times of the year when you find yourself depressed or sick?

\_\_\_\_\_ Do you now, or did you ever find yourself facing additional unplanned pregnancies after your abortion(s)?

\_\_\_\_\_ When choosing to share about your abortion(s), are you overcome with strong feelings?

\_\_\_\_\_ Have you experienced any peculiar reactions relating to the abortion experiences such as nightmares, flashbacks, or hallucinations?

\_\_\_\_\_ Have you had any suicidal thoughts since your abortion(s)?

\_\_\_\_\_ Has your self-esteem changed?

\_\_\_\_\_ Do you fear that you will never be able to have children?

\_\_\_\_\_ Do you feel emotionally disconnected from the children that you now have?

- \_\_\_\_ Do you overprotect the children that you have?  
\_\_\_\_ Do you tend to look at your life as before and after the abortion(s)?

## We Tell of Healing

The client advocate might say words such as these; “Abortion is a tragedy for millions of women. But the suffering you have experienced can end, and you can be at peace with yourself and go on with your life. You may have times when you feel sorrow, but your remorse can be healed. Like a small splinter left in the body, the guilt and shame of having an abortion can fester when suppressed. Remember, no pain is beyond God’s compassion, no situation beyond the reach of His perfect love. As impossible as this may seem right now, healing is a reality for many who have put their trust in Him.”

The Center makes available information to assist these persons to heal.

### Freedom to Express Feelings

It is important to find PAS clients a supportive atmosphere where they feel safe to talk about their abortion experience and aftermath.

### Freedom to Grieve

The need to mourn the death of an unborn child is not based on the reason for the loss but rather the natural bond that God places within the mother for her offspring. Giving the baby a name, identity, and service often helps the healing.

- *Be merciful to me, O Lord, for I am in distress; my eyes grow weak with sorrow, my soul and my body with grief. (Ps 31:9)*

### Freedom to Ask and Accept Forgiveness

Jesus Christ paid the price for each person’s sin-filled life. This was accomplished not for our worthiness but rather our unworthiness. We cannot earn forgiveness any more than we can earn our salvation.

- *You see, at just the right time, when we were still powerless, Christ died for the ungodly. Very rarely will anyone die for a righteous man, though for a good man someone might possibly dare to die. But God demonstrates his own love for us in this: While we were still sinners, Christ died for us. (Ro 5:6–8)*
- *Surely he took up our infirmities and carried our sorrows, yet we considered him stricken by God, smitten by him, and afflicted. (Is 53:4)*
- *But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was upon him, and by his wounds we are healed. (Is 53:5)*
- *We all, like sheep, have gone astray, each of us has turned to his own way; and the Lord has laid on him the iniquity of us all. (Is 53:6)*
- *The Lord is near to all who call on him, to all who call on him in truth. (Ps 145:18)*
- *He fulfills the desires of those who fear him; he hears their cry and saves them. (Ps 145:19)*
- *The Lord is close to the brokenhearted and saves those who are crushed in spirit. (Ps 34:18)*

God is not angry at you for aborting your baby or for anything else you may have done. God hates sin, but He loves people, and it is His desire to forgive you of your sin. God has promised in His Word.

- *If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. (1Jo 1:9)*

Repentance means confessing our sins and turning from our sins toward God. True repentance is sorrow because you know you have done wrong and have grieved the heart of God.

- *Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord. (Ac 3:19)*

The prayer may change based on the individual's relationship with Jesus but can consist of words such as these:

- *Father in Heaven, I come before you confessing my sins. Lord, I confess the part I played in the abortion of my child, and the torment I have caused for others and myself. I thank you for your love and for your Son's work on the cross in my behalf.*
- *I accept Jesus as my Savior and Lord of my life and commit the rest of my life to you.*
- *In Jesus name, Amen.*

### **Freedom to Hope**

Jesus Christ is the Prince of Peace and in Him is a new beginning.

- *For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call upon me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart. (Jer 29: 11–13)*
- *Jesus said to the woman, "Your faith has saved you; go in peace. (Lk 7:50) "*
- *Jesus replied, "I tell you the truth, everyone who sins is a slave to sin. Now a slave has no permanent place in the family, but a son belongs to it forever. So if the Son sets you free, you will be free indeed. (Jo 8:34–36)*
- *Praise the Lord, O my soul, and forget not all his benefits—who forgives all your sins and heals all your diseases, (Ps 103: 2–3)*
- *Praise the Lord. Give thanks to the Lord, for he is good; his love endures forever. (Ps 106:1)*