



Hope and Healing for MEN After Abortion



"There is one thing that seems to link together all men who face the long-term effects of abortion: a horrific sense of loss."

Guy Condon & David Hazard
"Fatherhood Aborted"

"My behavior took a nose dive... I put myself in numerous life threatening situations... My life was empty..."

"I was devastated. I grieved. Alone. I blamed myself. I'd been careless and irresponsible."

"I still get depressed and angry when I think about it."

"I find myself crying sometimes when I am alone. Without trying to understand why I am crying, I begin to think of the baby."

✚ Your Loss Is Real

These are real emotions expressed by real men who suffer from a profound sense of loss... the loss of their children to abortion.

According to Merriam-Webster's Dictionary, the word abortion is defined as "the termination of a pregnancy after, accompanied by, resulting in, or closely followed by the *death* of the embryo or fetus". It is the recognition of that loss of life, whether subconsciously or consciously, which causes men to suffer from the symptoms of post-abortion trauma.

Some of the more common emotions and behaviors after abortion are listed in the table on the right. As a post-abortion man, you may find

yourself experiencing one or more of these symptoms.

Perhaps the abortion just happened yesterday, or maybe it was 30 years ago. The mother of your unborn child could have been a one-night-stand or she could be your wife. You may have insisted that she get the abortion and even paid for it or maybe she did it behind your back and didn't tell you she was pregnant until afterward. Regardless of how long ago it happened, what your relationship with the mother is, or what your involvement in the decision was, your pain is still very real.

But you don't have to let it control your life. There is hope!

EMOTIONS	BEHAVIORS
Excessive Anger	Attention Deficit
Anxiety	Promiscuity
Panic Attacks	Impotence
Mood Swings	Lack of Trust
Low Self Esteem	Insomnia
Helplessness	Nightmares
Worrying	Isolation
Sadness	Avoidance
Depression	Risk Taking *
Confusion	Substance Abuse *
Guilt	Suicidal Thoughts *
Fear (of failure)	Violence *

** Depending on the severity of these behaviors, you may need immediate intervention and assistance from a licensed therapist or counselor before you harm yourself or someone else. If you find yourself in a desperate and/or dangerous situation, you should contact 9-1-1.*

Common emotions and behaviors from the book "Men and Abortion, A Path to Healing" by C.T. Coyle Ph.D.

✚ You Can Heal

If you found that you are experiencing any of the emotions or behaviors listed, the first step toward healing is to consider how abortion may be contributing to your problems. Until you face this fact, you'll never overcome the anger, the resentment, the guilt, the sorrow and the addictions.

The process of healing is a long and difficult journey. It takes a lot of work. The good news is that you don't have to take this journey alone. There are people and organizations who have recognized your needs and are willing to help you along the way.

There have been many before you who have walked the same path. From the poorest to the wealthiest, these men have crawled out from the darkness of their lives and found hope and healing. No matter how bad things may seem right now, it can get better. But first you must be willing to make the commitment to heal. It doesn't happen by itself.

✚ You Are Not Alone

As you begin your healing, it is important to remember that you are not alone. The best way to discover this is to listen to others who have been through the problems you are

currently experiencing.

Every man does have a story, and you may find that you have many things in common with these men. These stories are powerful truths... better than any statistic... as they come straight from the heart. They are testimonies of suffering and declarations of healing.

As more men start sharing their stories, many others may be inspired to come forward, seek healing, and turn around to share their own stories. One day you may be able to share your own story of failures and triumphs to inspire others.

Until then, remember that your loss is real, you can heal, and you are not alone... you are a father forever!



More information about these life-affirming books and how to order them can be found on the Fatherhood Forever website: <http://www.fatherhoodforever.org/books>.

Fatherhood Forever

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