

How Do I Know Where I Need Healing?

Adapted from *Forgiven and Set Free* by Linda Cochrane and *Her Choice to Heal* by Sydna Masse

1. Do you find yourself struggling to turn off the feelings connected to your abortion(s), perhaps telling yourself over and over to forget about it?
2. When abortion is mentioned in public, do you find that you react physically, e.g., tightening your stomach muscles, feeling ill, clenching your jaw, or holding your breath?
3. Do you find yourself avoiding books, magazines, and television programs that deal with the subject of abortion? Do you change the subject in conversations that deal with abortion?
4. Are you affected by physical reminders (babies, pregnant women, baby clothes) of your abortion(s)? Are you sometimes uncomfortable around babies/children?
5. Are there certain times of the year you find yourself depressed, sick, or accident prone, such as the anniversary date of the abortion(s) or the month in which the baby would have been born?
6. Are you resentful and unforgiving toward anyone for his or her involvement in your abortion(s)? This might include parents, boyfriend, husband, the abortionist, or friends.
7. Do you find yourself sometimes rationalizing why you are better off without that child in your life today?
8. Are you in a situation where you could find yourself faced with another unwanted pregnancy?
9. Has your attitude toward relationships changed? Do you find yourself avoiding relationships or becoming more dependent in them? Do you have difficulty with intimacy?
10. Did you begin to use drugs and alcohol or did you increase your intake following your abortion(s)?
11. Have you experienced periods of prolonged depression? Have you had suicidal thoughts?
12. Have you experienced any peculiar reactions - hearing your baby cry, nightmares, flashbacks, or hallucinations - related to the abortion(s)?
13. Have you felt a vague sort of emptiness leading to a deep sense of loss?

14. When talking about your abortion(s), are you overcome with sorrow, anger, or guilt?
15. Are you compelled to conceal your abortion(s) from certain people in your life or are you compelled to tell many people about your abortion experience(s)?
16. Do you find yourself striving to make your career, education, or relationships successful to prove the abortion(s) was/were the right choice(s)?
17. If you have children now, do you smother them with your love or over-protect them? Are you unable to bond with the child or children you have now?
18. If you do not have children, do you fear that you will never be able to have them? Do you fear you may have suffered physical harm as a result of the abortion(s)?
19. Did you stop growing emotionally after your abortion(s)? Do you find yourself repeating harmful patterns?
20. Are you denying yourself anything to punish yourself? Do you struggle with eating or other disorders?
21. Do you tend to look at your life in terms of before and after the abortion(s)? Has your self-esteem changed?
22. Are you preoccupied with the subject of death and dying? Are you preoccupied with thoughts of your aborted child(ren)?
23. Did your relationship with or concept of God change after your abortion(s)? Did it bring you closer to God or turn you away from Him?
24. Are the memories of your abortion(s) more painful than the actual experience(s)?
25. Do you believe you cannot be forgiven for having your abortion(s)?

As you answer these questions, please know that you are not alone, and it is possible to move beyond the pain, beyond the guilt and sadness and eventually experience true forgiveness and freedom through your faith in Jesus Christ!

Please consider joining our "Forgiven and Set Free" Abortion Recovery Group held at Valleybrook Church beginning February 9, 2010.

For more information, email us at: forgivenandsetfree@valleybrookchurch.org