

Post Abortion Grief: Does it affect you?

1. Do you find yourself struggling to turn off feelings connected to your abortion, perhaps telling yourself over and over again to forget about it, and just get on with your life?
2. Do you find yourself avoiding books, magazines and television programs that deal with the subject of babies, pregnant women or abortion?
3. Do you avoid stores or the sections in stores that have infant/maternity related items?
4. Are you affected by physical reminders of your abortion (babies, pregnant women, etc.)? Are you uncomfortable around pregnant women or children?
5. Did or would you lie about having an abortion, or the number of abortions you've had, to a Doctor, or to family or friends? For example not telling or denying you've had an abortion, or saying it was a 'miscarriage', or saying it was for 'medical reasons', when it wasn't?
6. Are you bothered by certain sounds, like vacuum cleaners, or other machinery that makes loud noises?
7. Are there certain times of the year you find yourself depressed, sick or accident-prone, especially around the anniversary date of the abortion or would-be birth date?
8. Are you resentful and unforgiving toward anyone because of his or her involvement (or lack of involvement!) in your abortion - boyfriend, husband, parents, other friends, or the medical personnel who performed your abortion?
9. Do you find yourself not using birth control now? Are you putting yourself in a situation where you could find yourself faced with another unwanted pregnancy? (You may be subconsciously leaving yourself vulnerable, hoping to get pregnant again, to replace the aborted child)
10. Do you have trouble with emotional intimacy or relationships since your abortion?
11. Do you think about having a 'replacement baby', especially with the same man, and think that all the guilt will go away if you get pregnant again, and 'keep it' this time?
12. Have you experienced periods of prolonged depression since your abortion?
13. Have you had any suicidal thoughts or attempts?
14. Has any drug or alcohol use occurred or become more frequent since the abortion?
15. Do you have any occurrences of 'intrusion' (involuntarily re-experiencing the abortion situation - seeing the clinic, the room, the recovery room in flashbacks) or hallucinations (for example, hearing a baby cry when there is not one around)?
16. Are you able to talk freely about your abortion?
17. If you have children now, do you smother them with your love or overprotect them? Do you worry about them being hurt?
18. If you have children now, do you have problems with feeling distant from them, and 'unable to bond' with them?
19. If you do not have children, do you fear that you will never be able to have them?
20. Have you found yourself preoccupied with thoughts of your aborted child lately?