

POST ABORTION HEALING

Southern Arizona

Hands of Hope Tucson www.HandsofHopeTucson.com

- One on one/Couples Peer Counseling
- Peer Support Groups
- Retreats for men and women
- Awareness

Nation wide

PATH - Post Abortion Treatment and Healing

For complete information and support go to:

<https://www.healingafterabortion.org/for-men.html>

According to research by Bradley Mattes in "Men and Abortion: An Overview", more than thirty-million men are struggling to cope with the loss of their children through abortion. Many participated in the decision to abort and assisted their partners in doing so. Several even pressured their partners into having an abortion. Sadly, some watched helplessly as their unborn child was aborted in spite of their pleas to give their baby life.

"Men do not always recognize the symptoms they experience as having their roots in an abortion decision – but scratch the surface and you will see it. ... They may struggle to make commitments, to be emotionally present to their current wives and children, to embrace their role as spiritual and moral leader in the home ... deep down they know they compromised that authority when they aborted their son or daughter in the past."

Kevin Burke

Perhaps the most consistent and evident symptom in men due to loss of a child from abortion is anger, accompanied by grief, shame, guilt and remorse. Feelings of profound hopelessness and helplessness are common. Abortion rewrites the rules of masculinity. It leaves him wounded and confused. Failed relationships are often caused by abortion. Many couples sweep the abortion under the rug, but the emotional pain and stress cannot be ignored. They often vow to never speak of the “event” again, but the other person is a daily reminder of what will never be.

A man may throw himself into activity following an abortion, avoiding the pain and instead focuses on what he can accomplish. Therefore, there is a delay or “masking” of grief responses. So it appears as if he is either unaffected by the loss of his child or that he is being ‘strong’ in the face of trauma.

Men's emotional reactions following abortion vary widely.

- Men who opposed the abortion might feel anger and helplessness immediately.
- Men who encouraged the woman to have an abortion or at least supported her decision might not feel the impact until years later when an event—marriage, pregnancy, the birth of a child—brings the emotions to the surface.

He May...

- Turn to alcohol and drugs to dull the pain of feeling he participated in or was too "weak" to prevent the death of his unborn baby.
- Become a workaholic to avoid contact with other people or in a desperate effort to succeed in a crucial aspect of his life.
- Or, he may be unable to hold a job due to his inability to handle decision making.
- Have dysfunctional future relationships with women. This lack of control regarding a critical, life-impacting decision often generates considerable resentment and mistrust towards women.
- Suffer from other forms of sexual dysfunction such as impotency and addiction to pornography and masturbation.
- Experience sleeplessness, panic attacks, poor coping skills.
- Experience flashbacks, nightmares or self-imposed isolation.

Information obtained from research by Catherine Coyle, R.N., Ph.D., David C. Reardon, Ph.D., Bradley Mattes and Kevin Burke, LCSW.



<https://h3helpline.org/help-after-abortion/>

(Post Abortion Stress Syndrome SS)

Many people don't realize that an abortion creates strong feelings of both physical and psychological distress. Every person reacts to and recovers from this stress in different ways, and some may need help and guidance along the path to healing. This is why we offer our support through this process. Abortion can leave you feeling vulnerable, alone, and helpless. You are not alone.

[\(866\) 721-7881](tel:(866)721-7881)

Healing is Possible

Symptoms of Post Abortion Stress

Post Abortion Stress Syndrome (PASS) is the residual pain of abortion felt through feelings of grief, anger, shame, guilt, or other mental or physical turmoil. Many people experience depression, anxiety, anger and abandonment following an abortion and these feelings can

continue for months or even years afterwards. The symptoms described in Post Abortion Syndrome are similar to the symptoms of Post Traumatic Stress Disorder. Many women and men experience heightened feelings of depression or anxiety at anniversary months of either the abortion procedure or the proposed birth date of the child who was aborted. Unfortunately, many medical and mental health professionals fail to recognize the painful aftermath of abortion as an actual condition, making it difficult to feel heard or understood.

BELOW ARE SYMPTOMS ABORTION TRAUMA

Bouts of crying

Depression

Guilt

Inability to forgive yourself

Intense grief / sadness

Anger / rage

Emotional numbness

Sexual problems or promiscuity

Eating disorders

Lowered self esteem

Drug and alcohol abuse

Nightmares and sleep disturbances

Suicidal urges

Difficulty with relationships

Anxiety and panic attacks

Flashbacks

Multiple abortions

Pattern of repeat crisis pregnancy

Discomfort around babies or pregnant women

Fear/ambivalence of pregnancy

Treatment for Post-Abortion Stress

In many cases, these post-abortion symptoms don't fade away over time, but can persist for long periods of time. Putting off the healing process can make these feelings intensify and become harder to handle. It can become easy to feel isolated and alone in your feelings, but that is never the case. The best treatment for Post Abortion Syndrome is getting help and support from friends, family members, and other support resources, such as a support group. These groups and programs are designed to help you heal in a comfortable and safe setting, and to allow you to share your feelings and thoughts in a secure and confidential way. One of the best ways to find healing is to be able to process your abortion experience with others who know the pain you're going through and can offer their insights and support. Contact <https://h3helpline.org/help-after-abortion/> today to start your healing process and find freedom from the pain of an abortion.