

When abortion is mentioned in public, do you find that you react physically, e.g., tightening your stomach muscles, clenching your jaw, or holding your breath?

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?

Do you find yourself struggling to turn off the feelings connected to your abortion, perhaps telling yourself over and over to forget about it?

Are you affected by physical reminders (babies, pregnant women, baby clothes) of your abortion? Are you uncomfortable around children?

Did you begin to use drugs and alcohol or did you increase your intake following your abortion?

Have you experienced periods of prolonged depression? Do you have suicidal thoughts?

Are you in a situation where you could find yourself faced with another unwanted pregnancy?

Do you find yourself striving to make your career, education, or relationships successful to prove the abortion as the right choice?

If you have children now, do you smother them with your love or overprotect them? Are you unable to bond with the child or children you have now?

Are you denying yourself anything to punish yourself? Do you struggle with eating or other disorders?

Do you tend to look at your life in terms of before and after the abortion? Has your self-esteem changed?

Did your relationship with or concept of God change after your abortion? Did it bring you closer to God or turn you away from him?

Are you compelled to conceal your abortion from certain people in your life or are you compelled to tell many people about your abortion experience?

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?

Are there certain times of the year you find yourself depressed, sick, or accident prone, such as the anniversary date of the abortion or the month in which the baby would have been born?