

C.P.R - Choice Processing and Resolution

*C.P.R. removes the "no cry zone"
from choice decisions.*

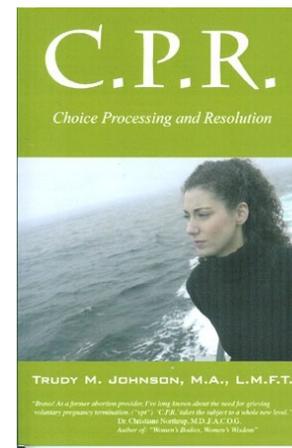
This is an e-source resource
This is the LIGHT version of C.P.R.
Developed by Missing Pieces.Org



Missing Pieces.Org

Www.missingpieces.org

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Understanding Voluntary Pregnancy Termination

- What is disenfranchised grief and why is "vpt" a disenfranchised grief situation?
- What do I do with the emotions surrounding my "vpt"??
- What about special situations like rape, adverse pregnancy and multiple "vpt's"?

FINAL SUGGESTIONS

Voluntary pregnancy termination can create a deep sense of loss for women.

Unfortunately, the ideological and political positions of the “A-word” in and of itself puts the women who make a “vpt” choice in a place of disenfranchisement.

Between discussions about legalities and moralities, women walk alone in their efforts to resolve the grief they feel about their “vpt” choice.

Take a test:

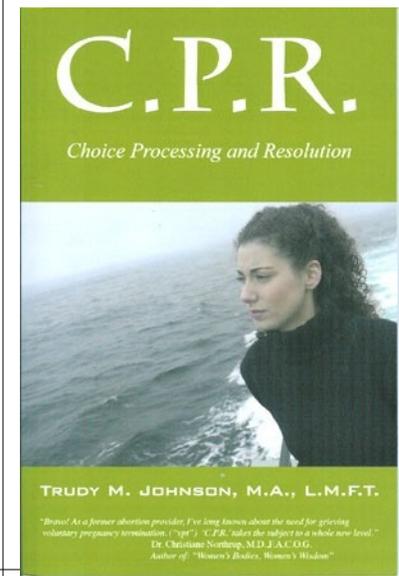
Go to www.missingpieces.org

Choose Self Test on the Nav Bar

Choose Post Abortion Test

Resolve your losses:

Use “C.P.R.~ Choice Processing and Resolution” as a safe place to work through your “vpt.”



C.P.R. is

Endorsed by

Dr. Christiane Northrup, M.D

Author of

“Women’s Bodies, Women’s Health.”

www.missingpieces.org

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www.amazon.com
 Books section
 Type in “help after abortion”

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SPECIAL SITUATIONS



Choosing “vpt” because of sexual assault or sexual abuse can be very painful. There can be even higher levels of anger, fear and shame.. Permission to grieve the losses involved simply must be granted. There are actually even more losses to look at because of this traumatic situation. Grieving a “vpt” loss in instances of sexual trauma will move a woman from victim to survivor.



If you terminated your pregnancy because of a medical diagnosis of adverse pregnancy, your circumstances surrounding your “vpt” are very difficult. Unlike someone in an unplanned pregnancy, this is a pregnancy you wanted and perhaps were looking forward to. The guilt and grief surrounding a “vpt” decision in this instance can be even more devastating. If is important you process your grief in safety so you don't carry this pain inside.



Some statistics show that 55% of women who make a “vpt” decision will go on to make the same choice again and 20% of those ladies will choose a third time. Multiple terminations can be common, so do not think you are the only one . While this is also a difficult resolution process, it is important for you to walk through your choice decisions.

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 Type in “help after abortion”

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Understanding Choice Processing and Resolution

What is “vpt”?

The word abortion incites many political and religious debates. The “A-word” keeps many women from processing and resolving losses around choice. For this reason, I use the term “vpt” or voluntary pregnancy termination when referring to choice decisions.

It is much more important for women to process the grief and reach resolution for their “vpt” than for them to dialogue political and religious arguments in their head. For so many women I’ve worked with, it is hard for them to connect themselves with the “A” word. They are at a different place in life and they are unable to look at themselves in the present as “that person.” Using “vpt” instead of the word abortion has been helpful to the women I’ve worked with.



What is disenfranchised grief and why is “vpt” a disenfranchised grief situation?

Women with a history of “vpt” experience something called *disenfranchised grief*. According to the Merriam Webster Dictionary, the word *disenfranchised* means to “deprive of a legal right, or of some privilege or immunity” Isn’t interesting that women are given the right to legal termination of a pregnancy but they are not given the right to be able to grieve the loss of the pregnancy when the time comes. As someone who made a choice in a difficult situation, I know the pain of “not being allowed to grieve” my loss. The grief is there but we do not give ourselves permission to “go there.”

The answer for resolution to a voluntary pregnancy termination is giving women permission to grieve the losses associated with the choice. Many women experience anger that flows into depression some time after an abortion. Unresolved grief oftentimes is the cause of anger and depression. For this reason, our culture should begin giving the over 50,000,000 women who’ve made choice decisions permission to feel the grief around their decisions.

C.P.R.~ *Choice Processing and Resolution* was created for this purpose...giving women of choice a voice...a voice to talk and a voice to cry in safety and community.

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Emotions and “vpt”



There are three main emotions surrounding a “vpt” .

Those emotions are:

Sad

Mad

Scared

Emotions are like children. They want attention. They don't want to be ignored. Grieving the losses involved in a “vpt” and labeling the emotions surrounding the “vpt” is part of the process of reaching closure surrounding choice decisions. While this process may be overwhelming and painful, it is important. If you don't get the emotion “up and out” it will stay inside and cause harm in future life situations.

C.P.R.~*Choice Processing and Resolution* was developed by a professional therapist to help women identify and resolve the emotions that may be buried deep inside. These emotions want to come out and it is possible to look at them in safety when you use this finely tuned system presented in C.P.R. ~Choice Processing and Resolution. This is a self-help book designed to be used in the privacy of one's home.

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