


POST ABORTION CHECKLIST FOR MEN

This list contains possible symptoms that your past abortion might be affecting your life today.

	
	Intense anger, volatile anger, rage
	Difficulty bonding with subsequent children or over-protective of subsequent children.
	Cycles of depression
	Mis-trust of women, feeling very powerless in relationships with women.
	Promiscuity-serves as a way to “get my power back” sexually
	Difficulty with close relationships
	Abuse alcohol, drugs to numb the pain
	Work-a-holic tendencies
	Pornography-a safe place to be “connected” sexually
	Overcome with guilt, shame Un-involvement in church b/c of shame
	Separated from God because of unworthiness
	Controlling- a way to re-gain my power
	“Disconnected” on the heart-level because of pain and grief—too painful to connect