

Are You a Prisoner of Abortion?

Are you being held prisoner by an abortion in your past? Whether you are a woman or a man, the father, mother, grandparents, sibling, friend or other relation to the aborted baby, please take a minute to think about the reason you haven't dealt with the abortion that has touched your life. Stopping to think about this question is the very first step you need to take to be set free from the chains of abortion trauma.

Here are some indications that you are not free from the bondage of a past abortion:
(Please be honest as you take this inventory).

1. Pain- Fear keeps you from facing the distress that will come with admitting the abortion was wrong.
2. Passing the buck- Blaming others seems easier than facing your own responsibility for the abortion.
3. Penance- You try to ease your hurt and guilt by helping others.
4. Pessimism- You believe you will always feel as awful as you do today.
5. Politics- It was OK...at the time.
6. Possessiveness- You refuse to let it go and get on with your life.
Something to think about: Is holding onto your pain a way of keeping the secret?
7. Pragmatism- Your attitude is that it happened, it's over, and that's that.
8. Pressing Problems- More important issues in your life seem to outweigh the need to deal with the abortion.
9. Pride- "I don't need any help dealing with the abortion."
10. Privacy- You have a secret you hope no one else will find out about.
11. Procrastination- "Put off until tomorrow what needs to be done today" is your motto.
12. Program Participant- You rely on the support of others to make you feel better.
13. Promiscuity- Continued involvement with the same lifestyle that led to the abortion keeps you in bondage.
14. Punishment- You continually hurt yourself or others instead of seeking help with the healing.
15. Sexually Frozen- You are unable to respond sexually in your present relationships. Sexual relationships cause you to shut down emotionally. You avoid sex out of fear and/or terror of connecting in this way.
16. Sexual Addiction- Particularly for men, sexual addiction becomes a way to restore your sexual power lost through an abortion choice.

Some information provided by the pamphlet "Are you a Prisoner of Abortion?" CR-095 Focus on the Family 2002