

## FAQS

What is the target audience for this book?

Since 1973 there have been over 50,000,000 decisions for choice in the U.S. alone. The number of women who have abortions each year would fill all 20 professional football stadiums at one time.

According to Alan Guttmacher, the statistical gathering arm of Planned Parenthood, **43% of women under the age of 45 have had an abortion**. This statistic was released in 1998. 25% of “churched people” (Catholics, Protestants) have had abortions and about 18% or one in six Evangelical Christians have had abortions. (George Barna 2002)

Why don't women talk?

Women don't talk about their abortions because they could get judged, shamed or condemned. Additionally, there is potential for misunderstanding. It has been my personal experience that even those who validated and agreed with my choice, did not help me with the grieving process. I needed a venue for grief, not a soundboard for validating my choice.

Why do you refer to abortion as “vpt”

The word ‘ABORTION’ in itself incites a plethora of emotional, political and religious dialogue. The word “abortion” is a trigger for many, many, people. Nowhere in my book will you see the “a” word. I explain in the book that we will be referring to “the procedure” as “voluntary pregnancy termination” or “vpt,” the acronym ~ a text message label!

What is Disenfranchised grief?

Disenfranchised grief is the deep sadness and sense of loss we feel, but where there is no public venue for expression of that loss. Most grief processes involve ceremony or rituals and this is not allowed in the case of “vpt.” There is no evidence of the pregnancy, hence “nothing to grieve.”

Why do you only address the grief issue?

Instead of ‘post-abortion recovery’ or ‘post-abortion healing’ the title of this book is “*C.P.R. ~ Choice Processing and Resolution.*” For the person who doesn't *regret* their abortion, they see no need to recover or heal. They do, however, know deep inside that they are ‘sad’ about their choice. Ultimately, what needs to happen is some sort of processing of the grief that then leads to closure.

Why should women be allowed to talk about their “vpt?”

Talking about the loss is a way to reach closure. The grief process can enlist many emotions. If the loss isn't grieved, the emotions can still be inside causing anxiety, depression or anger. Grieving brings peace and thus ultimately will affect the behaviors in our daily lives.