

Symptoms of Post-Abortion Distress

Symptoms may not necessarily appear together, nor will any particular woman experience all of them.

Emotional/Psychological Symptoms

Guilt
Unable to “forgive herself”
Emotionally numb
Shame
Grief/Sorrow
Unworthiness
Self-condemnation
Feels degraded/debased
Anger/Rage
Depression
Anxiety/anguish
Loneliness
Bitterness
Confusion
Fears God’s punishment
Regret/Remorse
Hopelessness
Helplessness
Panic
Frustration
Feels exploited
Self-hatred
Despair
Feels rejected
Horror
Fears/dreams about losing a child
Flashbacks and/or nightmares
Fears another pregnancy or infertility
Feels inferior
Fears failure

Behavioral Changes

Secretive
Sleep disturbances
Crying spells
Divides time into “before” and “after” the abortion
Avoids baby reminders
Reduced motivation
Loss of normal sources of pleasure
Self-punishing and/or self-degrading behavior
Develops eating disorders
Alcohol and/or drug abuse
Suicidal impulses
Promiscuity or frigidity
Loss of interest in sex
Marital stress
Abusive/tolerates abusive relationships
Withdraws from others
Difficulty with all types of intimacy
Changes in relationships
Wants replacement/atonement child
Damaged mother/child relationships
Over-protective of living children
Fails to bond with subsequent children
Cutting
Damaged feminine concept
Anniversary/due date reaction

*A woman may say she knows God forgives her, but she cannot forgive herself. The words “I can’t forgive myself” demonstrate that she still feels guilty. This means that she does not accept God’s plan for dealing with sin, Jesus’ substitutionary death.

God’s just requirement that sin must be punished is FULLY SATISFIED by the shed blood of Christ.

It is by **faith alone** in the Lord Jesus Christ that we are forgiven and declared righteous (justified).