

NEED ABORTION HEALING



When Post-Abortion emotions needs Unpacking

- 1. Accept your feelings** It does not matter what your feelings are. Take time to think through and notice what you are feelings without internal judgment. Simply begins to unpack those feelings and attempt to understand what they are.
- 2. Accept your mistakes** Nobody can tell you how to feel about having had an abortion. Some women describe deep guilt about what they have done. Others describe a lack of feelings altogether. Still others describe relief. It may take time to begin the grieving process. Accepting your feelings about the abortion and about the mistakes you have made is an important step.
- 3. Give yourself time to feel deeply** Now that you have begun to examine your actions, and have gained some understanding about what you are feeling, give yourself time to feel these feelings at a deeper level. Find a safe space in which to begin to feel sadness, grief, or whatever it may be that arises.
- 4. Believe that God can forgive** The Lord is merciful and gracious, slow to anger, and Abounding in mercy. He will not always strive with us, nor will He keep His anger forever. He has not dealt with us according to our sins, nor punished us according to our iniquities. Psalm 103: 8-10
- 5. Accept his forgiveness** For as the heavens are high above the earth, so great is His mercy toward those who fear Him; as far as the east is from the west, so far has He removed our transgressions from us. Psalm 103:10-12
- 6. Begin to let people in and accept support** If significant people in your do not know about your abortion, some women find it helpful to begin to allow them access to this knowledge about you. I would caution, however, that this information does not need to be shared with everyone {or anyone} unless you choose. Moreover, ensure that it is people with whom you have built a trust-filled relationship at this point.
- 7. Memorialize your child's life** Some women find it helpful to memorialize their child's life. You can find ideas for this for this online and in other materials, but

the most important aspect of this step is finding something that holds personal meaning for you.

8. **Create a yearly ritual** There are many options for doing this. However, not everyone finds this step helpful.
9. **Forgive yourself** This is not easy. But forgiving yourself is a process that prayer and the support of others can help you to begin.
10. **Begin to make steps to move forward**