

# THE AFTERMATH OF ABORTION

The boyfriend/husband is said to be the number 1 influence in the decision to abort. If you are experiencing the pain of being silent in her decision there is a reason.

If you are experiencing any of the following, the abortion may have affected you more than you know.

- Sleep, appetite and sexual disturbances
- Reduced motivation
- Deterioration of Self-esteem
- Depression and thoughts of suicide
- Unexplained and uncontrollable anger
- Alcohol and drug abuse
- Other self-punishing behaviors: unhealthy relationships, promiscuity, failing to take care of yourself medically or deliberately hurting yourself emotionally and/or physically



We understand. We can help.

**IS THE ABORTION  
CAUSING YOUR PAIN?**



## YOUR LOSS DEALING WITH THE PAST

IT IS COMMON FOR MEN WHO HAVE HAD PARTNERS ABORT A CHILD TO HAVE FEELINGS OF EMPTINESS, LOSS, AND UNFULFILLMENT. IT IS IMPORTANT TO KNOW HOW AN **ABORTION** CAN AFFECT YOU AND YOUR FUTURE.



### YOU MAY FEEL THE LOSS MORE THAN SHE DOES

People who suffer a loss need to grieve. We understand. We can help.

Whether you chose to be silent during her decision or your opinion wasn't considered, the pain of losing a child is the same.

#### STEP 1

The need to grieve your loss

It is important to have someone who can listen to what you are going through. Traumatic events that are not talked about can lead to pain and dysfunction later in life. Both will be much harder to understand and deal with at that time.

#### STEP 2

Talk to one of our experienced counselors.

Now that you have realized her Abortion had a huge impact on your life, you can begin to understand why. Many of our counselors have experienced the pain caused by abortion and are here to help you recover.

#### STEP 3

Learn about safe practices

Understanding the damaged caused by abortion is the first step. We will educate you about the latest contraceptive methods, pregnancy and STD statistics, and free services we offer. Knowing this key information will protect your future.

#### STEP 4

Share your insight

One of the biggest ways to heal and move on from a painful experience, is to share it with others. Your story is powerful and can change the lives of those who remain silent in their partners decision to abort.

If you would like to make an appointment to discuss your options please call **1-800-2DECIDE**  
**[www.prccenter.com](http://www.prccenter.com)**

