WHAT IS LOST?

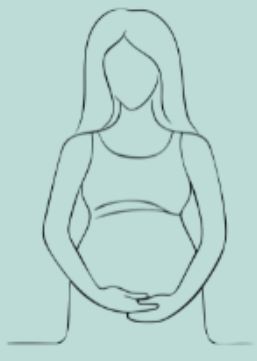
The following things include examples of loss one may experience with abortion

PEACE

- One may experience conflicting feelings about their decision, and an increased inability to feel peace

PARTNER

- A relationship may change or end after this experience



PREGNANCY

- The pregnancy itself is lost through abortion.

IDENTITY/SENSE OF SELF

- One may experience a loss of knowing who one is
- May feel inability to trust self

EXPECTATION

- The loss of an ideal for what one thought their pregnancy would look like, whether a first pregnancy or subsequent one.

CONNECTION

- One's relationships with others can be affected, including friends, living children and others.

Spring Water utilizes a grief & trauma focused approach to help women and men heal from the effects of abortion

SPRING WATER

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www.springwaterhealing.org

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