

Symptoms of an Abortion - Women

Here is a list of some symptoms that may occur after you have experienced an abortion.

SYMPTOMS

- Guilt
- Anger
- Shame
- Isolation
- Depression and thoughts of suicide
- Anxiety
- Insomnia
- Nightmares
- Psychological numbness
- Anniversary syndrome
- Sadness
- Flashbacks
- Preoccupation with future pregnancies
- Attempts to replace the baby
- Fertility anxiety
- Interruption in the relationship with live children
- Fear of physician and dentist environments
- Easily startled by loud noises
- Thoughts of deserving miscarriages or infertility as punishment
- Eating disorders
- Alcohol and drug abuse
- Self-punishment behaviors
- Sexual dysfunction

STEPS IN THE HEALING PROCESS

- Face the denial
- Accept and grieve the loss of the child
- Seek divine forgiveness / Forgive others and self
- Peace. The scar remains, but the infection is gone.

