

¹Post Abortion Stress Checklist

Many times, women who have had abortions in the recent or distant past experience physical and emotional repercussions. Since there is almost always a delay between the time of the abortion event and the onset of reactions, women are often unaware that these feelings may be related to a past abortion.

Emotional/Psychological Effects		
		Sense of loss (Unidentifiable sadness)
		Regret and remorse
		Feeling of numbness
		Preoccupation with death
		Depression
		Self-esteem loss/ Hatred of self
		Anger
		Volatile rage
		Despair
		Sense of helplessness
		Fear of failure
		Preoccupation with "would-be" due date or birth month
		Intense interest in babies
		Interruption in bonding process with present or future children
		Re-experience the abortion
		Thwarted maternal instincts
		Avoiding situations with pregnant women or babies
		Remembering the death date
		Self-destructive behaviors
		Alcohol or substance abuse
		Nightmares
		Suicidal impulses/thoughts

		Guilt
		Loss of confidence in decision making
Physical Effects		
		Repeated unplanned pregnancies (Replacement babies)
		Miscarriages, premature births
		Menstrual disturbances
		Crying/sighing
		Loss of appetite
		Eating disorders
		Weight loss/gain
		Loss of interest in sex
		Sleeplessness
		Exhaustion
		Constant swallowing
		Nervousness
		Decreased work capacity
		Vomiting Gastro-intestinal disturbances
		Frigidity/other sexual
		Promiscuous behavior
		Sexual addiction

Permission to duplicate this evaluation required.

Contact www.missingpieces.org