

Abortion: Relief is the most common immediate response following an abortion. However, as time passes, you may have distress over the loss experienced from an abortion. Thirty-three percent of American women have experienced an abortion. You are not alone if you have emotions that (even years later) are part of the grief process. Professional counselors tell us that many are unable to process the painful thoughts and emotions associated with their abortion. Guilt, grief, anger are all common and need to be dealt with. Alternatives Medical Clinic has post-abortion counseling resources if you are struggling with a previous abortion. 760-741-9796

Also see: <http://www.abortionchangesyou.com/>
www.urxalone.com

Miscarriage: Whether they are experienced immediately or later, the emotional and psychological reaction to pregnancy loss parallels any significant loss. The cycle of grief needs to be completed in order for healing to occur. See the following websites for more information on Miscarriage and Pregnancy Loss.

American Pregnancy Association:

<http://americanpregnancy.org/pregnancyloss/mcsgivingemotionally.html>

<http://www.parenting.com/article/mourning-miscarriage?page=0,1>