

## How does Abortion hurt men?

For every abortion performed there is a father who has lost his fatherhood. This is true even where the child was not planned or wanted. It is a real and heart-breaking loss that affects each man differently. Some men go on never to experience any ill effects and for that we are truly grateful. But we believe the majority of men do suffer from that loss and perhaps for years have had nowhere to go, no one who would listen, and no one who would believe their grief.

Because of this, we have seen men dealing with anger bordering on rage, addictions to pornography, sexual problems and skyrocketing rates of domestic violence.

- Abortion takes the life of a developing baby in the womb of its mother.
- Abortion violates a man's true heart for commitment, protection and provision.
- Guilt and fear from an abortion can erode a man's ability to trust God, women and authority.

## What is Post-Abortion Stress?

Post-Abortion Stress (PTSD) is commonly experienced by men who have fathered children who were then aborted.

Some block the natural process of grieving and dealing with the death of their unborn children through denial of their involvement or responsibility for the abortion and in so doing block the natural recovery process that must take place before healing can occur.

## What are the symptoms?

The symptoms very often experienced by men following an abortion are:

### Relational

- Instability in relationships, especially with women
- Difficulty with commitment
- Inability to bond with children and/or your mate
- Sexual dysfunctions
- Inability to trust friends

### Character

- Sleeplessness, repetitive dreams or nightmares
- Addictive or compulsive behaviours (such as sex, pornography, alcohol or drugs)
- Cannot own to their mistakes
- Control issues
- Changes in how they think and feel
- Low self-esteem and loss of identity
- Lack of confidence or unexplainable anxieties

### Behavioural

- Anger, rage and abusive behaviour
- Risk taking or suicidal behavior
- Mental or physical distress from abortion related cues

### Emotional

- Fear of an impending tragedy
- Fear of failure or fear of rejection
- Loneliness and numbness
- Sense of loss
- Guilt or shame
- Depression

## Who are these hurting men?

Abortion not only affects the father of the baby, but also the grandfather, the siblings and other relatives. Men that marry women who are post- abortive, will be affected by their wives pain, even if they were not the father of the aborted child.



## The Healing Process

You may be confused about why life often feels hollow; many men are. SaveOne courses will help you to:

- Grieve the loss of your child, grandchild, brother, sister or other family member.
- Find out, where God fits in this picture
- Deal with guilt, shame, anger, ill-defined anxiety, and rage.
- Rebuild confidence as a protector, provider, and preserver of the family.
- Rebuild trust in God, women, and others.
- Be able to apologise, accept forgive and be forgiven.