



PEACE AFTER THE STORM

Post-Abortion Stress Test

Answer “Y” for yes and “N” for no.

1. ___ Do you find yourself struggling to turn off the feelings connected to your abortion(s), perhaps telling yourself over and over to forget about it?
2. ___ Are you affected by physical reminders of your abortion, i.e., babies, pregnant women, sound of a vacuum, or are you uncomfortable around children?
3. ___ Have you experienced a desire to be pregnant again, perhaps wishing to replace your aborted child?
4. ___ Have you experienced any new or increased self-destructive behaviors (promiscuity, abusive relationships, eating disorders, drug/alcohol abuse)?
5. ___ Have you experienced any reactions such as nightmares, flashbacks, or hallucinations (such as hearing a baby cry) that relate to your abortion experience?
6. ___ Have you experienced periods of prolonged depression?
7. ___ Have you had any suicidal thoughts since your abortion(s)?
8. ___ Are you unable to talk about your abortion(s)?
9. ___ Do you fear that you will never be able to have children, or more children?
10. ___ Do you tend to look at your life in terms of “before” and “after” the abortion?
11. ___ Have you experienced a numbing of your emotions – an inability to feel strongly?
12. ___ Do you feel sad or depressed on the anniversary date of the abortion or the anniversary of the due date of the baby?
13. ___ Are you bothered by feelings of guilt or shame?
14. ___ Do you grieve for the loss of your baby?
15. ___ Are you having trouble forgiving others who were involved in the decision to abort or in your abortion(s)?
16. ___ Do you have mothering problems with any of your living children (for example, overprotective, difficulty with physical affection, failure to bond, etc.)?

If you answered “Yes” to any of the above, you could suffer from “PAS” (Post-Abortion Stress). We offer compassionate help in a confidential setting. Email us: peaceafterthestormnetx@gmail.com.