

## Abortion Recovery

In the Information Sheet “Abortion Risks and Consequences”, we saw that abortion can have significant psychological consequences for women, generally referred to as Post Abortion Syndrome. Fortunately, there is hope for recovery for women who are suffering in this way.

Recovery programs are varied: they may involve group sessions or one-on-one counseling, in person interaction or online support. They might involve a weekend retreat or a long series of weekly meetings, or the anonymity and flexibility of online interaction. They may be offered by a church, a pregnancy center, or a professional counselor. They may or may not have a spiritual component. The healing process generally involves allowing you process your feelings in a safe environment and to grieve for your child. For a discussion of the various options and pros and cons among them, see <http://www.theunchoice.com/healing.htm>. Groups or one-on-one counseling is often offered free of charge by pregnancy centers or church groups. If you are considering a professional counselor, it is important to realize that many therapists are not knowledgeable about post-abortion syndrome, and may have their own psychological or political reasons for not offering the best help. It is therefore important to find a therapist specially trained and experienced with treating post-abortion problems. (1)

From a Christian perspective, abortion is always a wrong choice. We pass no judgments on any person; we judge only the action. Only God can judge the extent to which anyone bears guilt for their actions, according to the circumstances and their heart. We are all guilty of offenses against God, and we all rely on His wonderful mercy to restore us to His fellowship. The pro-life community understands that abortion hurts women, and reaches out to women who have been wounded by abortion with love and compassion. We believe that real recovery from abortion involves processing feelings, grieving for the child, acknowledging responsibility for one’s actions, and accepting God’s forgiveness. We rejoice that we have such a loving God that he has already paid the price for our sins and truly wants to welcome us back into His arms, and give his healing grace to restore us to joy.

In “After Abortion: Steps Toward Healing” (2) the steps to recovery are outlined. A summary of the steps are as follows:

1. Recognize that *you are not alone*. Others have been through the same experience and the same trials.
2. Recognize that the road to full recovery will take time and effort. While God’s forgiveness is immediate, it takes time to examine feelings and go through the grieving process. (You may well feel worse before you feel better, as you deal with painful feelings.)
3. Recognize that it is normal and good to mourn the loss of a loved one. In the case of abortion, the mourning process is often cut short and never completed because of denial or feelings of guilt.
4. Admit your personal responsibility but also recognize that others, too, were involved. Pray for the strength to forgive both yourself and everyone else who either encouraged or pressured you to have the abortion or failed to help you avoid it.
5. Give your child over to the care and mercy of God.
6. Forgive others. Recognize that they, too, acted out of ignorance, fear, or petty human selfishness. If possible, let them know that you forgive them.

7. Forgive yourself. Remember that God *wants* you to be healed and restored to the fullness of joy and happiness.

Abortion also affects fathers, grandparents, and others –whether they were involved in the abortion decision or lost a child to abortion without their involvement or against their wishes. Fathers particularly have lost a child, and have not been able to follow their natural instinct to protect and provide for their family. Anyone affected by abortion can benefit from a safe environment to process their feelings, to grieve for the child, and to find healing.

Resources:

To speak to someone immediately: **National Helpline** <http://www.nationalhelpline.org/>  
National toll-free hotline at **1-866-482-LIFE (1-866-482-5433)**

**Rachel's Vineyard:** <https://www.rachelsvineyard.org/>  
- World-wide directory for weekend retreats ("Find a retreat")

**Support after Abortion:** <https://supportafterabortion.com/search-our-provider-network/>  
284 providers

**The Rachel Project:** See <http://www.hopeafterabortion.com> for information and resources, including booklets, books, prayers, and information in Spanish (en Español).

1. Burke, Theresa, and Reardon, David, *Forbidden Grief: The Unspoken Pain of Abortion*, Springfield, IL, Acorn Books, 2002.
2. Reardon, David, "After Abortion: Steps Toward Healing", accessed on 4/10/25 at <https://afterabortion.org/after-an-abortion-steps-toward-healing-2/>

This information has been compiled by Christian Voices for Life [www.ChristianVoicesforLife.org](http://www.ChristianVoicesforLife.org)