

Post-Abortion Syndrome Assessment:

Post-Abortion Syndrome is very much like **Post Traumatic Stress Disorder**. Many of the symptoms are the same and overlap each other, affirming what many post-abortive women already know, having an abortion may be one of the most traumatic events that a person can live through. It may cause tremendous mental, emotional, spiritual, psychological and often physical pain and discomfort for its victims, and can have long lasting impact on one's life.

Following is a list of the symptoms associated with PAS, put a check by the ones that are apparent in your life right now, or in the life of someone close or dear to you:

____ Flashbacks or re-enactments of the abortion

____ Sad and Depressed Mood

____ Frequent crying spells over seemingly "nothing"

____ Reduced motivation or energy to get through the day

____ Loss of interest in hobbies and/or personal interests

____ Poor and deteriorating self-esteem and self-image

____ Disruption in sleep, insomnia

____ Suicidal or Homicidal thoughts or plans

____ Disrupted Interpersonal Relationships

____ Extreme guilt or shame regarding your abortion

____ Extreme fears of your secret being revealed

____ Guilt that is constant and unrelenting

____ Anxiety symptoms including some of the following:

- shakiness
- muscle tension
- nail biting
- nervousness
- shortness of breath, holding breath, can't take deep breaths
- panic attacks
- chest pain or heart palpitations--not related to physical problem

____ Psychological numbing

____ Nightmares relating to abortion/lost baby themes

____ *Increased symptoms revolving around the anniversary of the abortion, or when the birth of your baby was expected*

____ *Preoccupation with being pregnant again/fertility*

____ *Extreme survivor guilt*

____ *Eating disorders (including anorexia--severe limiting of caloric intake and/or excessive exercising, bulimia--binge eating and then forced vomiting to rid body of food, or over-eating and eating when not hungry)*

____ *Alcohol or drug abuse to avoid thinking of the abortion*

____ *Self Punishing behaviors, such as mutilation--cutting oneself, or other destructive behaviors*

____ *Frequent, meaningless sexual activity and/or promiscuity*

____ *Brief Reactive Psychosis--being out of touch with reality, such as having visual or auditory hallucinations (such as hearing babies crying or hearing a baby say, "Mommy...")*

____ *Difficulty bonding with or interacting with your other children*

____ *Avoidance of pregnancy related events, such as friends or family members that are pregnant, pregnant strangers, baby showers, or maternity wards in hospitals*

____ *Avoidance of vacuum cleaners or noises that remind you of your abortion*

Print this assessment off, if you would like and honestly check the symptoms that pertain to you. If you would like to send it to me at kimberly.ollis@hushmail.me as a therapeutic assessment tool, that would be absolutely awesome! It would help me a great deal in helping you, otherwise, you could use it to assess yourself and then tear it up and throw it away, if you would like.

If you check three or more of these symptoms, as they relate to a terminated pregnancy, I would recommend that you seek professional help in alleviating these symptoms. No one should have to live like that. You do not have to live like that!