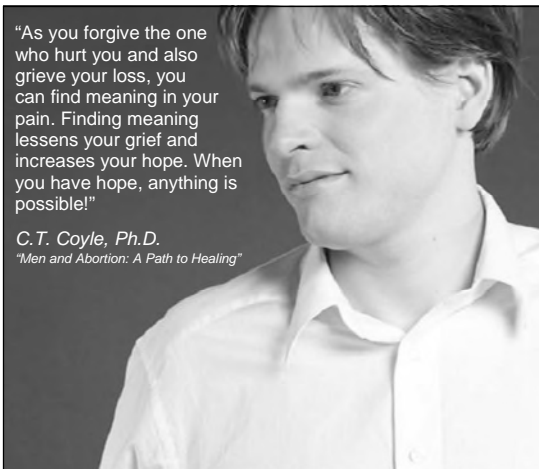


• There Is Hope

Although you may be at a point where everything seems hopeless, there actually is hope. You can heal. You can regain your life and find purpose and meaning. It's not easy, it takes a lot of work, and you can't do it alone. First, you must realize that it is completely normal, acceptable and healthy to mourn the loss of your child. Validate your pain and grieve rather than suppress it. Know that your pain will fade as you continue to heal. Remember that you are not alone. Find a post-abortion support group so you can hear other people's experiences. This will in turn inspire you to share your experience with those who will listen and understand. The hardest part is learning how to forgive others that were involved. Recognize that they may have been misled or misinformed. Accept your role in the decision, whatever it was, and learn how to forgive yourself. Finally, acknowledge your child as an actual member of your family. Giving your child a name and creating a memorial in his or her honor can help you find closure and bring peace and restoration to your life. From the moment your child was conceived, you created new life. Even though your child was never born, you will always be a father forever.



"As you forgive the one who hurt you and also grieve your loss, you can find meaning in your pain. Finding meaning lessens your grief and increases your hope. When you have hope, anything is possible!"

C. T. Coyle, Ph.D.
"Men and Abortion: A Path to Healing"

• Finding Help

Your first step toward healing involves reaching out and contacting someone who understands your pain. Fatherhood Forever Foundation has an online referral system called the **FFF Healing Network** that includes people and organizations from around the world that offer services for men. Simply visit our web site at:

www.FatherhoodForever.org

If there is no one listed in your immediate area, you can contact us and we can assist you with finding someone who can help.

Phone: 602-334-7651

Email: ffinfo@fatherhoodforever.org

• Recommended Books



"Men and Abortion: A Path to Healing"

By C.T. Coyle, Ph.D.



"Fatherhood Aborted"

By Guy Condon & David Hazard



"SaveOne - The Men's Study"

By Sheila Harper



"Wounded Warrior"

By Healing Hearts Ministries

* Please visit our web site for ordering information.

Place Your Organization's Contact Info Here.

Label Size: 1" x 2 5/8"

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Visit us online at www.FatherhoodForever.org or our memorial at www.UnbornMemorials.com

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‡ "Men and Abortion: A Path to Healing", C.T. Coyle, Ph.D., Chapter 2, Life Cycle Books, 1999

Healing and Hope for Men After Abortion



Your Loss is Real

You Can Heal

You Are Not Alone



"There is one thing that seems to link together all men who face the long-term effects of abortion: a horrific sense of loss."

Guy Condon & David Hazard
"Fatherhood Aborted"



• You Are Not Alone

When an abortion is performed, there are two obvious people affected: the mother and the aborted child. Extensive research has been conducted to understand the physical and emotional effects of abortion on women. However, until recently, little attention has been given to the other person affected by abortion: the father of the child. For every woman affected by abortion, there is also a man; both equal parents to the aborted child. Yet because abortion is considered to be only a women's issue, the men are left standing in the shadows, where they're expected to stay, suffering in silence. Because they can not openly express their feelings, they can become angry, bitter, depressed, resentful, untrusting and even reckless in their behaviors. Some men may not even be aware that their emotions are a direct result of an abortion experience. They may be in denial about their experience, attempt to intellectualize their feelings, project their emotions towards others, or withdraw from social interaction as much as possible. They may also suppress their emotions, keeping them bottled up inside, allowing them to

fester and eat away at their very core. Our culture has an expectation that men should be strong and courageous. Any show of emotion could expose them as being weak and cowardly. It's this expectation that causes many men to hide their true emotions and pretend that everything is fine. Yet deep inside they're hurting, causing their relationships, families, jobs and responsibilities to suffer. It's a pattern all too common in post-abortion fathers.

• Your Role

If you are a man who has had an abortion experience, you most likely will fit into one of the following six roles:

- You and your partner agreed to the abortion. You may have supported her by taking her to the clinic and/or paying for the procedure.
- You pressured your partner to get the abortion. You may have threatened to leave her if she didn't.
- You abandoned your partner to avoid the decision all together.
- You passively left the decision up to your partner. You may have been confused about what to do, or you felt it was entirely her choice.
- You wanted your child but were unsuccessful in preventing the abortion. You may have offered any means to support her and/or the child.
- You didn't even know about the pregnancy and/or the abortion until after it was done.

Whatever your role was, the end result is the same. Your role as a parent was prematurely cut short. Men have a natural instinct to provide for and protect their families. For many men, this instinct kicks in as soon as fatherhood is realized. For others,

it takes a little bit longer. Regardless, an abortion prevents that instinct from being exercised. This in turn can leave men feeling empty, powerless, defeated, helpless, confused and without purpose. Thoughts of what-could-have-been can haunt them constantly.

• The Symptoms

Many people now recognize the fact that many women may suffer from Post-Abortion Syndrome/Stress (PAS) either immediately after the abortion or later on in life. But few will acknowledge that men may also suffer from similar symptoms. Below is a partial list of emotions and behaviors that you may be experiencing. There are too many to list, but these are the most common:

EMOTIONS	BEHAVIORS
<input type="checkbox"/> Excessive Anger	<input type="checkbox"/> Attention Deficit
<input type="checkbox"/> Anxiety	<input type="checkbox"/> Promiscuity
<input type="checkbox"/> Panic Attacks	<input type="checkbox"/> Impotence
<input type="checkbox"/> Mood Swings	<input type="checkbox"/> Lack of Trust
<input type="checkbox"/> Low Self Esteem	<input type="checkbox"/> Insomnia
<input type="checkbox"/> Helplessness	<input type="checkbox"/> Nightmares
<input type="checkbox"/> Worrying	<input type="checkbox"/> Isolation
<input type="checkbox"/> Sadness	<input type="checkbox"/> Avoidance
<input type="checkbox"/> Depression	<input type="checkbox"/> Risk Taking *
<input type="checkbox"/> Confusion	<input type="checkbox"/> Substance Abuse *
<input type="checkbox"/> Guilt	<input type="checkbox"/> Suicidal Thoughts *
<input type="checkbox"/> Fear (of failure)	<input type="checkbox"/> Violence *

** Depending on the severity of these behaviors, you may need immediate intervention and assistance from a licensed therapist or counselor before you harm yourself or someone else. If you find yourself in a desperate and/or dangerous situation, you should immediately contact 9-1-1.*

As a post-abortion father, you will probably find that you are suffering from more than just one or two of these symptoms. Many go hand-in-hand with each other and certain emotions will lead to specific behaviors. The first step towards healing is to acknowledge the possibility that your abortion experience may be the cause of your symptoms/problems.