



Symptoms of Post-Abortion Stress

General Post-Abortion Stress Symptoms

These are often expressed by women suffering from post-abortion stress but can also be caused by other life events.

Alcohol or drug abuse

You use substances to dull emotions or escape reality

Anger

You feel anger specifically aimed at those who were involved in the experience

Anxiety

You experience general feelings of anxiety or even panic attacks

Denial

You try to push down difficult or unwanted emotions

Depression

Often you don't relate your sadness or depression to the experience and think it's from something else

Deterioration of self-concept

You feel unable to trust yourself, and have low self-esteem

Disruption in relationships

You do not stay in or have deep relationships

Disturbance in sleep patterns

You have trouble falling or staying asleep

Eating disorders

You either over-eat, under-eat, or show other expressions of self-hatred

Feelings of helplessness or powerlessness

You don't feel like you're in control of anything in your life

Undefined grief feelings

You experience extreme sadness for no apparent reason

Specific Post-Abortion Symptoms

These are almost always tied directly to an abortion experience

Anniversary syndrome

You experience an increase of above symptoms around the anniversary dates like the time of abortion or the baby's due date

Anxiety over infertility

You feel nervous that you won't be able to get pregnant again

Avoidance behaviors

You tend to avoid people who "know," and pregnant friends, infants, vaginal exams, etc.

Brief psychosis

You tend to experience a loss of memory around the time of abortion

Inability to bond with current or future children

You have a hard time connecting with children in your life

Preoccupation with becoming pregnant again

You attempt to replace the aborted baby

Psychosexual disorders

You have a difficult time engaging in or enjoying sexual activity

Sudden, uncontrollable crying

Trust issues