

## **Do You Feel Like You Are Split in Two? ©Imagine, 2012**

### ***How are you likely to react to having an abortion?***

A woman's experience of abortion is determined primarily by her life circumstances, her beliefs, her interpretations, and the reactions of those around her. Many pregnant women know relatively easily what choice is right for them, but for some women pregnancy poses a terrible dilemma. No matter how much they read or talk or think about it they have a dreadful time coming to a decision that feels right to them, and no matter what choice they make they experience regret. The following questions may help anticipate how you might react to an abortion.

Circle **1** if the statement is **false** for you, **2** if the statement is **somewhat true**, **3** if the statement is **true** for you.

1    2    3 **1.** I feel very divided about my choice. It's as if there are two parts of me that want different things.

1    2    3 **2.** I wish someone else would rescue me from this situation, or decide for me.

1    2    3 **3.** I don't honestly think my reasons for having an abortion are good enough.

1    2    3 **4.** I am a perfectionist and I frequently second guess myself and have a hard time forgiving myself.

1    2    3 **5.** I have suffered from anxiety or depression in the past, or suffered significant previous trauma.

1    2    3 **6.** Since I've been pregnant I have been in a panic, depressed or very anxious. I think having an abortion might stop the anxiety.

1    2    3 **7.** I have not allowed myself to imagine a positive image of having this baby. I try not to think about it.

1    2    3 **8.** I don't believe in abortion for myself, but I have to do it.

This goes against anything I ever expected to do.

1 2 3 **9.** I have had an appointment (or more than one) at a clinic already and not been able to go through with it.

1 2 3 **10.** This is probably my last opportunity to be pregnant and have a new baby.

1 2 3 **11.** (If you are already a parent) My whole life has been about being a great mother. During this pregnancy for the first time I thought I might not want to start all over again.

1 2 3 **12.** I am afraid I may regret having an abortion afterwards. But if I don't have an abortion I think I would regret that even more.

1 2 3 **13.** I have seen a doctor for prenatal care during this pregnancy.

\_\_\_\_\_ = Total Score

**Scoring: 13-18** This score suggests that you may be able to handle and resolve any emotional conflicts you have. We recommend that you talk over your feelings about anything that is troubling you with a counselor or clergy before you have an abortion. It is up to you to be sure you are confident in your choice before you have an abortion.

**19-24** This score suggests that you may have difficulty dealing with the decision to have an abortion. What if you have an abortion and then regret it? We recommend that you talk over your feelings about anything that is troubling you with a counselor or clergy before you have an abortion. We also urge you to have support available in the form of a counselor or therapist, and to be sure that you have a friend or relative who knows, before the abortion, that you might be at risk for emotional difficulties afterward. The clinic will be happy to provide you with referrals if needed, but it is important that you realize you are responsible for your own emotional and mental health.

**25-30** This score suggest that there are significant aspects of abortion that are troubling you. It is very possible that you will have significant emotional difficulty coming to terms with an abortion. This could manifest as extreme regret, and self-punishment. With this score it would be very important to put a support system in place if you decide to have an abortion. This could include making sure you have a counselor or therapist available to you; involving your partner or other significant other in the consent process; and making sure that you have whatever support is required to give you some time off after having an abortion if you should need that. In addition, we will ask you to sign a special consent form acknowledging that you understand this information and recognize that you are responsible for your own emotional and mental health.

**31-39** This score suggests that it is highly likely that you will have significant emotional difficulty coming to terms with an abortion. This could manifest as extreme regret, and self punishment. With this score it would be very important to put a support system in place if you decide to have an abortion. This could include making sure you have a counselor or therapist available to you, involving your partner or other significant other in the consent process, and making sure that you have whatever support required to give you some time off after having an abortion if you should need that. In addition we will ask you to sign a special consent form acknowledging that you understand this information and recognize that you are responsible for your own emotional and mental health.