

Woman Split in Two After Abortion Self-Test

How can you understand your reaction to having an abortion?

If you have been having a hard time after your abortion there may be many different reasons. This self-test can indicate if you might be one of the women I have come to call a *Woman Split in Two*.

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.

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

False Some True

1. I felt very divided about my choice. It's as if there are two parts of me that wanted different things. 3
2. I wish someone else had rescued me from this situation, or decided for me. 3
3. I don't honestly think my reasons for having an abortion were good enough. 3
4. I am a perfectionist and I frequently second-guess myself and I have a hard time forgiving myself. 3
5. I have suffered from anxiety or depression in the past, or suffered significant previous trauma. 3

1 False 2 Somewhat true 3 True

6. Since I became pregnant I have been in a panic, depressed or very anxious. I thought having an abortion might stop the anxiety. 3

7. I didn't allow myself to imagine a positive image of having this baby. I tried not to think about it. 2

8. I didn't believe in abortion for myself, but I had to do it. This went against anything I ever expected to do. 2

9. I had an appointment (or more than one) at a clinic that I wasn't able to go through with. 3

10. This was probably my last opportunity to be pregnant and have a new baby. 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. 3

12. I was afraid I might regret having an abortion afterwards. But I thought that I would regret it even more if I didn't have an abortion. 3

13. I saw a doctor for prenatal care during this pregnancy. 3

37=Total Score

Scoring:

13-18 This score suggests that you may be able to handle and resolve any emotional conflicts you have had. We recommend that you talk over your feelings about anything that is still troubling you with a counselor or clergy if you are having a hard time with an abortion.

19-24 This score suggests that you may be having difficulty dealing with the decision to have an abortion. We recommend that you talk over your feelings about anything that is troubling you with a counselor or clergy before after your 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 about your decision who can help provide support

25-30 This score suggest that there are significant aspects of abortion that have been troubling you. It is very possible that you are having significant emotional difficulty coming to terms with an abortion. This could manifest as extreme regret, and self-punishment. With this score it is very important for you to have a support system in place as you work through your feelings. This could include making sure you have a counselor or therapist available to you; involving your partner or other significant other; and making sure that you have whatever support is required to give you some time off after having an abortion, as well as assistance with childcare if you should need that.

31-39 This score suggests that it is highly likely that you are having significant emotional difficulty coming to terms with an abortion. This could manifest as extreme regret, and self-punishment. You could feel as though you are in hell. With this score it would be very important to have a support system in place. This could include making sure you have a counselor or therapist available to you, getting help from your partner or other significant other, and making sure that you have whatever support required to give you some time off after having an abortion if you should need that. If you have children, you may need to find some help with childcare, or a friend or relative who can help out, because you may not be able to give your usual amount of attention to your children. It is very important that your children do not think it is their job to take care of your emotional problems!