

# RACHEL'S VINEYARD™ RETREATS

## Healing After Abortion Ministry

Are you suffering from  
a past abortion experience?

Don't wait any longer to  
experience Christ's Mercy

We Can Help!



**2023 Retreats in English**  
**March 17-19 | August 4-6 | Nov. 3-5**

**For confidential assistance:** [www.racheldallas.org](http://www.racheldallas.org)

214-544-CARE (2273) | [healing@racheldallas.org](mailto:healing@racheldallas.org)

For men only: [www.projectjosephdallas.org](http://www.projectjosephdallas.org)



Retreats sponsored by the Catholic Pro-Life Community and supported by the Mercy Fund held at The Catholic Foundation

# Symptoms of an Abortion - Women

*Here is a list of some symptoms that may occur after you have experienced an abortion.*

## SYMPTOMS

- Guilt
- Anger
- Shame
- Isolation
- Depression and thoughts of suicide
- Anxiety
- Insomnia
- Nightmares
- Psychological numbness
- Anniversary syndrome
- Sadness
- Flashbacks
- Preoccupation with future pregnancies
- Attempts to replace the baby
- Fertility anxiety
- Interruption in the relationship with live children
- Fear of physician and dentist environments
- Easily startled by loud noises
- Thoughts of deserving miscarriages or infertility as punishment
- Eating disorders
- Alcohol and drug abuse
- Self-punishment behaviors
- Sexual dysfunction

## STEPS IN THE HEALING PROCESS

- Face the denial
- Accept and grieve the loss of the child
- Seek divine forgiveness / Forgive others and self
- Peace. The scar remains, but the infection is gone.

