

Activity Sheet: Recognizing Healing is A Process

This chart will help you examine when you began the healing process of each stage of grief. It will also help you to see emotions that have resurfaced after you thought they were dealt with. Recognize that re-experiencing these emotions can be a normal part of the healing process. They can be triggered by various events (i.e., anniversary dates of the abortion or due date of your aborted child, seasons, music, people, children, places, hormones, etc.).

In the chart below, see if you can remember when you felt certain emotions and what triggered them in your heart. List the dates and number of times if possible.

Date of the Abortion: _____ *

	Date I Experienced This Stage of the Grief Cycle:	Triggered By:	Dates/Number of Times Stage is revisited
Denial	_____	_____	_____
Anger	_____	_____	_____
Bargaining	_____	_____	_____
Depression	_____	_____	_____
Acceptance	_____	_____	_____
Forgiveness	_____	_____	_____

Once you recognize your trigger points of pain, spend time in prayer and ask the Lord to protect you from overwhelming emotions. Understand that these feelings relate to your abortion and the pain you feel is normal. Think of a way that you can face these triggers constructively. For example, every time you pass the clinic where your abortion occurred, pray that God would protect those inside and help them to find Him. On your anniversary date, or times of stress and monthly hormonal fluctuations, alert the people closest to you that this is a sensitive time for you. Ask them to be considerate and supportive.

* It's normal not to remember exact dates. If you don't remember, provide an educated guess in this space.