



Life Impact Network
Surrendering the Secret
Heal the Heartbreak

Dear Friend of _____,

Someone you care about has experienced a crisis situation in her life. _____ has been experiencing a deep level of pain, confusion, and anxiety as a result of having chosen to have an abortion in her past.

Abortion is a very complex issue. In addition to creating an extreme range of physical, spiritual and emotional symptoms, it is often a silent battle. One that is waged alone in the heart, mind, and body of the woman who has experienced the abortion. She is normally not free or comfortable to discuss her pain and loss with anyone.

_____ believes that you are someone with whom she might be able to share this very difficult time with. She needs your support very much and has trust that you are a willing shoulder to lean on.

This will be an intense healing process. She will experience a wide variety of responses and emotions as she completes the 6-8 week healing support of “Surrendering the Secret”. If you choose to be a support role for her, please clearly and sensitively tell her so.

As stated, the normal time of the healing group is 6-8 weeks. However, healing from an abortion is a very personal and individual process. Patience, love, and understanding are vital. Here are some suggestions on how you might offer your support and gain a better understanding of _____ struggle.

- Do not try to “fix” or rush her healing time.
- Do not try to have the answers.
- Do not take undue blame if you had any part in the abortion decision but be willing to dialog your role if any.
- Be careful not to project guilt or shame
- Be a listener- not a talker!
- Let her cry - be angry and re-think her choice
- Allow her to grieve the loss of her child, to personalize him or her.
- Allow her to share her pain freely without having to worry about your needs, feelings or responses.
- Encourage her; acknowledge her pain and her progress.

Remember abortion choices are always complicated and involve many outside influences. The chances are very strong that _____ felt she had no other choice. She may not know, understand, or accept her pain and feelings of loss for a long time.

Thank you for your unselfish willingness to support _____ through this healing. She will never forget it and you will have a strong part in helping her to forgive herself and others for her loss.

Thank you,

“Surrendering the Secret” Facilitator