



Coping and Caring for Yourself after an Abortion Worksheet

The people and places I can turn to for support are:

In hard times, the things that help me most are:

Are any of these unhealthy or out of balance?

What is something I could do to make my coping strategies healthier or stronger?

How can my spiritual practices or beliefs bring me comfort and strength through this time?

Things I will do to take care of myself in the coming weeks:

Is there anyone I need to forgive?

Are there any changes I need to make in my relationships?

What is something I can do to get closure?

The reasons for my choice that I most want to remember are:

If I feel myself wondering about the “what ifs” or fearing regret I will remember my reasons by:

Something I wish other people understood:

What would I share with other women if I could?

Something good I see in myself now is:

This experience helped me to heal or realize I need help to heal from:

How can I be more gentle with myself?

Something helpful someone said to me that I want to remember:

If things are difficult, something helpful that I can repeat to myself is:

The positive changes I most want to make in my life are:

It is OK if you don't know the answers to these questions right now. You can just think about them, answer them a little at a time or only work on the ones that feel important to you. If you can, review your work later and notice if there is anywhere that you're being hard on yourself or where your answers reflect a difficult emotion like guilt rather than the learning and growth you've found in this experience. If so, you may want to consider rewriting your answers or changing how you think about them. You can let a bit of time pass before doing this or ask someone you trust to help you look at things in a more self-compassionate way. Try to be as gentle and kind to yourself as you can be.

Thank you to the counselling staff of Everywoman's Health Centre, Willow Women's Clinic, The CARE Program of BC Women's Hospital and Health Centre, Well Woman Counselling Services and Elizabeth Bagshaw Women's Clinic for their input and inspiration in creating this worksheet and to the Leon and Thea Foundation for funding.

