

Why do men need help?

It is always healthy for men who have been affected by an abortion to grieve for the loss of their child and to find closure and healing from their past. Forgiveness and healing are available. They can experience restoration and strengthening in their true marital and parental identities.

Antidepressants may help but do not resolve the core issues and can still bring a higher risk of suicide. Millions of men have lost a child by an abortion. Don't allow lost fatherhood remain a hidden experience governed by shame, guilt and thoughts of "what might have been". The connection between the abortion and your pain is real. You know it better than anyone.

It is possible for men to be released from the harmful consequences of a past abortion. They can leave behind the old, crippling habits of abandoning and disappointing others.

What about a miscarriage or still birth?

This is a closely related situation and for men to grieve for the loss of their child and to find closure and healing is just as important. If this is your experience then ask how we can support you in your recovery.

In a SaveOne course you will find help in a safe and confidential environment.

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Men's Stories

Timothy - "I don't love you enough to have your children" was the only explanation I received from my girlfriend, who would have been the mother of my child. During those years of pain, guilt, and shame, it never occurred to me that maybe it was because I needed inner healing. I thought I was "over it" and had moved on only to find out there was still hurt and grief for the lost child. Through SaveOne I have found forgiveness, healing, and an inner peace that comes from knowing God still loves me.

Jerome - We met and loved each other, had our future planned out and a child had no place even though I professed to be a Christian. We married and moved to a new life together but what I had seen as the 'solution' was the start of a journey through years of pain, avoidance, emotional withdrawal and the impending end to our marriage. Through SaveOne we too found freedom and restoration, I am at peace with myself and my heart is alive again. My relationship and marriage are restored, I could ask my wife for forgiveness and we have been blessed with a further child. There is a depth of feeling for each other now that we had never experienced before.

Philip - We love children and were expecting our third child when we were advised that the child could be disabled. We talked endlessly to doctors and experts but reluctantly decided against the child as we did not have the strength to cope with a disabled child as well. My confidence and strength as a man and father was robbed through self-blame, my wife suffered from depression, we both drank to try to drown the pain and sorrow. Although totally sceptical at the start, through SaveOne we found forgiveness for ourselves and each other, an end to depression and a new strength from knowing God for the first time. We have now been blessed with a new born foster child too; so we are three again.

Alexander - As the child of an abortive mother and the father of an aborted child I was left with many emotional scars. My relationships were often short lived, I was regularly losing my job as I felt unworthy and took the role of scapegoat for every problem. My marriage was a mess, I was emotionally bound and was totally isolated from my feelings. At the same time I had an irrational rage and anger; often about every small thing. Through SaveOne I found that I could forgive myself, receive forgiveness and the anger and rage are finally gone.

Men's Course Registration

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SaveOne Leaders Training is also available as well as other courses for couples, women and siblings - please ask for details.

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Post-Abortion Stress in Men

How abortion affects men and how they can be helped

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How does Abortion hurt men?

For every abortion performed there is a father who has lost his fatherhood. This is true even where the child was not planned or wanted. It is a real and heart-breaking loss that affects each man differently. Some men go on never to experience any ill effects and for that we are truly grateful. But we believe the majority of men do suffer from that loss and perhaps for years have had nowhere to go, no one who would listen, and no one who would believe their grief.

Because of this, we have seen men dealing with anger bordering on rage, addictions to pornography, sexual problems and skyrocketing rates of domestic violence.

- Abortion takes the life of a developing baby in the womb of its mother.
- Abortion violates a man's true heart for commitment, protection and provision.
- Guilt and fear from an abortion can erode a man's ability to trust God, women and authority.

What is Post-Abortion Stress?

Post-Abortion Stress (PTSD) is commonly experienced by men who have fathered children who were then aborted.

Some block the natural process of grieving and dealing with the death of their unborn children through denial of their involvement or responsibility for the abortion and in so doing block the natural recovery process that must take place before healing can occur.

What are the symptoms?

The symptoms very often experienced by men following an abortion are:

Relational

- Instability in relationships, especially with women
- Difficulty with commitment
- Inability to bond with children and/or your mate
- Sexual dysfunctions
- Inability to trust friends

Character

- Sleeplessness, repetitive dreams or nightmares
- Addictive or compulsive behaviours (such as sex, pornography, alcohol or drugs)
- Cannot own to their mistakes
- Control issues
- Changes in how they think and feel
- Low self-esteem and loss of identity
- Lack of confidence or unexplainable anxieties

Behavioural

- Anger, rage and abusive behaviour
- Risk taking or suicidal behavior
- Mental or physical distress from abortion related cues

Emotional

- Fear of an impending tragedy
- Fear of failure or fear of rejection
- Loneliness and numbness
- Sense of loss
- Guilt or shame
- Depression

Who are these hurting men?

Abortion not only affects the father of the baby, but also the grandfather, the siblings and other relatives. Men that marry women who are post- abortive, will be affected by their wives pain, even if they were not the father of the aborted child.



The Healing Process

You may be confused about why life often feels hollow; many men are. SaveOne courses will help you to:

- Grieve the loss of your child, grandchild, brother, sister or other family member.
- Find out, where God fits in this picture
- Deal with guilt, shame, anger, ill-defined anxiety, and rage.
- Rebuild confidence as a protector, provider, and preserver of the family.
- Rebuild trust in God, women, and others.
- Be able to apologise, accept forgive and be forgiven.