

C.P.R.

Therapy

**Choice Processing and
Resolution**

**Helping Clients Face Abortion
Without Fear**

**Use with Workbook by the Same Name
Available on www.amazon.com**

Choose "help after abortion" in the book/search

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“V.P.T.” Intake Assessment

<p>How many voluntary pregnancy terminations have you experienced? Please fill out each box with answers to the questions for each “v.p.t.”</p>		
<p># 1 your age</p>	<p>#2 your age</p>	<p>#3 your age</p>
<p>#4 your age</p>	<p>#5 your age</p>	<p>#6 your age</p>
<p>Who have you told about your “vpt” ?</p>	<p>Circle anyone who knows</p> <p>Boyfriend Husband Partner now Mom Brother</p>	<p>Brother Friend (s) Subsequent children Pastor Medical Person Other</p>
<p>Procedure was done in (List location for each vpt)</p> <p>Hospital Doctors Office Family Planning Clinic Out of country</p>	<p># 1 _____ #2 _____ #3 _____</p>	<p>#4 _____ #5 _____ #6 _____</p>
<p>THE DECISION: Circle all that apply for each “vpt”</p>	<p>I felt like I had no other choice.</p> <p>It was MY CHOICE. I made the choice without the influence of anyone else.</p> <p>My boyfriend forced me.</p> <p>My boyfriend didn’t care.</p> <p>My mother or dad took me.</p> <p>A friend took me.</p> <p>A pastor took me.</p> <p>Another relative took me.</p> <p>_____ went in with me.</p>	<p>My boyfriend didn’t know.</p> <p>My boyfriend was ambiguous (I’ll stand by you no matter what you decide.)</p> <p>My boyfriend didn’t want me to get the vpt.</p> <p>My boyfriend encouraged me but not forcefully.</p> <p>My boyfriend took me but sat in the car.</p> <p>My boyfriend took me and went in with me.</p> <p>My boyfriend dropped me off and came back for me.</p>

	<p>I left alone.</p> <p>I left with_____.</p>	<p>My boyfriend paid for it.</p> <p>I paid for it.</p> <p>Parents paid for it.</p>
WHILE WAITING	<p>I remember these details: (Details of office workers, who was in the waiting room, feelings, thoughts and details that come to mind for each "vpt.")</p>	
DURING THE PROCEDURE	<p>I remember very little.</p> <p>I remember this about the procedure.</p>	<p>I remember this about the doctor:</p> <p>I remember this about the nurse.</p>
AFTER THE PROCEDURE	<p>Physically I felt _____drove me home</p> <p>I remember doing this:</p>	<p>Emotionally I felt</p>
SEXUAL HISTORY	<p>Committed partner? Casual Sex?</p>	<p>I was sexually abused prior to I was sexually assaulted</p>

“VPT” Emotional Distresses Worksheet

LEVEL ONE

This worksheet has the 3 main negative emotions that humans experience. Try to identify just one main category of emotions for each event- before, during, after.

You will identify the *main* emotion for each question

BEFORE “VPT”	SAD	MAD	SCARED
Making the decision- my part made me feel			
Parents input made me feel			
The thought of allowing my parents’ input made me feel			
Boyfriend/husband’s input made me feel			
Friends made me feel			
Others input (if any) made me feel			
The “vpt” experience I felt			
IMMEDIATELY AFTER THE “VPT” I felt			
Partner/husband made me feel			
Friends made me feel			
Others made me feel			
1-10 YEARS LATER I felt			
Partner/husband made me feel			
Friends made me feel			
Others made me feel			
RIGHT NOW I feel			
Partner/husband makes me feel			
Friends make me feel			
Others make me feel			

Journal any comments or thoughts about these emotions:

"VPT" Emotional Distresses Worksheet
LEVEL TWO

This worksheet has the 3 main negative emotions that humans experience. Once you have identified the main emotion attached to the event/person, we will now go to the second level of emotion to identify emotions attached there. You can write individual emotions or if you felt ALL of the 2nd level emotions, you can write ALL in the column

Each *main* emotion lists the second level of emotions you feel before, during, after "vpt."

BEFORE "VPT"	SAD	MAD	SCARED
Second Level Emotions	Guilty, ashamed, depressed, lonely, bored, sleepy	Hurt, hostile, angry, rage, hateful, critical	Rejected, confused, helpless, submissive, insecure, anxious
Making the decision-my part made me feel			
Parents input made me feel			
The thought of allowing my parents' input made me feel			
Boyfriend/husband's input made me feel			
Friends made me feel			
Others input (if any) made me feel			
DURING THE "VPT"			
I felt			
IMMEDIATELY AFTER THE "VPT"			
I felt			
Partner/husband made me feel			
Friends made me feel			
Others made me feel			
RIGHT NOW			
I feel			
Partner/husband makes me feel			
Friends make me feel			
Others make me feel			

Journal any comments or thoughts about these emotions:

"VPT" Emotional Distresses Worksheet
LEVEL THREE

This worksheet has the 3 main negative emotions that humans experience. Once you have identified the main emotion attached to the event/person, and the second level emotions we will now go to the third level of emotion to identify emotions attached there. *You can write individual emotions or if you felt ALL of the 3rd level emotions, you can write ALL in the column* Each *main* emotion lists the third level of emotions you feel before, during, after "vpt."

BEFORE "VPT"	SAD	MAD	SCARED
Second Level Emotions	Guilty, ashamed, depressed, lonely, bored, sleepy	Hurt, hostile, angry, rage, hateful, critical	Rejected, confused, helpless, submissive, insecure, anxious
Third Level Emotions	Apathetic, Inferior, Inadequate, Miserable, Stupid, Bashful	Jealous, Selfish, Frustrated, Furious, Irritated, Skeptical	Bewildered, Discouraged, Insignificant, Weak, Foolish, Embarrassed
Making the decision-my part made me feel			
Parents input made me feel			
The thought of allowing my parents' input made me feel			
Boyfriend/husband's input made me feel			
Friends made me feel			
Others input (if any) made me feel			
DURING THE "VPT"			
I felt			
IMMEDIATELY AFTER THE "VPT"			
I felt			
Partner/husband made me feel			
Friends made me feel			
Others made me feel			
RIGHT NOW			
I feel			
Partner/husband makes me feel			
Friends make me feel			
Others make me feel			

Journal any comments or thoughts about these emotions:

“VPT Trigger Worksheet”
LEVEL ONE

This worksheet has the 3 main negative emotions that humans experience.

You will identify the *main* emotion if the line is a trigger for you

	SAD	MAD	SCARED
Ultrasound pictures Other pictures			
Subsequent pregnancy			
Subsequent children being born			
Subsequent miscarriages			
Subsequent infertility issues			
Seeing pregnant women			
Babies			
Children the same age as pregnancy			
Baby clothes, baby items, toys			
Hearing the word on TV or other public places			
Children on a playground			
Children playing, sounds of children			
Anniversary of procedure			
Anniversary of due date			
Seasons that coincide with either anniversaries above			
Reminder of partner			
Physicians			
Mother's Day			
Hearing crying babies			
Hospital smells			
Driving by clinics, hospitals			
Vacuum Cleaner sounds or other motor type sounds			
Holding grandchildren			
Subsequent relational crisis			

“VPT Trigger Worksheet”
LEVEL TWO

This worksheet has the 3 main negative emotions that humans experience.

Now identify the *second level* emotion if the line is a trigger for you

Second Level Emotions	Guilty, ashamed, depressed, lonely, bored, sleepy	Hurt, hostile, angry, rage, hateful, critical	Rejected, confused, helpless, submissive, insecure, anxious
Ultrasound pictures Other pictures			
Subsequent pregnancy			
Subsequent children being born			
Subsequent miscarriages			
Subsequent infertility issues			
Seeing pregnant women			
Babies			
Children the same age as pregnancy			
Baby clothes, baby items, toys			
Hearing the word on TV or other public places			
Children on a playground			
Children playing, sounds of children			
Anniversary of procedure			
Anniversary of due date			
Seasons that coincide with either anniversaries above			
Reminder of partner			
Physicians			
Mother's Day			
Hearing crying babies			
Hospital smells			
Driving by clinics, hospitals			
Vacuum Cleaner sounds			
Holding grandchildren			
Subsequent relational crisis			

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“VPT Trigger Worksheet”
LEVEL THREE

This worksheet has the 3 main negative emotions that humans experience.
Now identify the *third level* emotion if the line is a trigger for you.

Third Level Emotions	Apathetic, Inferior, Inadequate, Miserable, Stupid, Bashful	Jealous, Selfish, Frustrated, Furious, Irritated, Skeptical	Bewildered, Discouraged, Insignificant, Weak, Foolish, Embarrassed
Ultrasound pictures Other pictures			
Subsequent pregnancy			
Subsequent children being born			
Subsequent miscarriages			
Subsequent infertility issues			
Seeing pregnant women			
Babies			
Children the same age as pregnancy			
Baby clothes, baby items, toys			
Hearing the word on TV or other public places			
Children on a playground			
Children playing, sounds of children			
Anniversary of procedure			
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Seasons that coincide with either anniversaries above			
Reminder of partner			
Physicians			
Mother's Day			
Hearing crying babies			
Hospital smells			
Driving by clinics, hospitals			
Vacuum Cleaner sounds or other motor type sounds			
Holding grandchildren			
Subsequent relational crisis			

It is suggested your clients use the
Companion workbook called,

*C.P.R. ~ Choice Processing and Resolution
Facing Grief after Abortion Without Fear*

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Go to “books” and type “help after abortion” in the
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Your clients may also download the kindle version of
the workbook.