

MissingPieces.org

Helping women process grief after abortion without fear....

Missing Pieces. Org ~ Bringing Abortion After-care into the 21st Century.

You are not alone.

Understanding Voluntary Pregnancy
Termination (“vpt”) and how it might be
affecting
your life today.



Ways to connect with our community:
Send the contact form on our web site and you will receive an occasional newsletter.

- Choose the Facebook image on our Web site to go to our Facebook page.
- Please like our page and you will receive thoughts of encouragement from time to time.



www.missingpieces.org

Email: missingpiecesorg@gmail.com

Inside:

Understanding “vpt”	2
What is disenfranchised grief?	2
My story	2
Self-Evaluation	3
What next?	4

Understanding Voluntary Pregnancy Termination — “VPT”

“How are you?”

Broken. Useless. Alone. Clueless. Fused. Betrayed. Fragile. On the verge of tears. Depressed. Anxious. About to break down. Really. I give up. Pathetic. Annoying. I’m just a burden. Distant. Lonely. Bitter. I feel like I’m going to be rejected. Crushed. I feel like I’m going to fall apart at any moment. Empty. Defeated. Never good enough.

Fine.

The word abortion incites many political and religious debates. The “A-word” keeps many women from processing and resolving losses surrounding their choice decision. For this reason, I am choosing the term “vpt” for voluntary pregnancy termination as a way for women to understand the issues that are affecting them in

regard to processing and resolving their choice decision. Using “vpt” instead of the word abortion has been a helpful tool for many women that I work with. Most of us are unable to dig deep and find ways to connect with the “A-word” in our past. We are “not that person” now and we avoid the topic of abortion all together.

“My grief lies all within. And these external matters of lament are merely shadows to the unseen grief that swells with silence in the tortured soul.”

W. Shakespeare,
The Tragedy of King Richard the 2nd.

What is disenfranchised grief and why is “vpt” a disenfranchised grief situation?

Women with a “vpt” in their history experience something called *disenfranchised grief*. According to the Merriam Webster Dictionary, the word *disenfranchised* means to “deprive a legal right.,

or of some privilege or immunity.” Isn’t it interesting that women are given the right to legal termination of a pregnancy but it is not socially acceptable to grieve the loss when the time comes. Unresolved grief of any kind can

cause a lot of hidden pain that can manifest as anger, depression or anxiety. Disenfranchised grief means that a person is on their own to work through the pain inside. Women do not have permission to grieve a “vpt.”



YOU ARE *not* ALONE!

Please know that so many women like yourself are hiding a secret abortion.

There is so much shame around the choice, of course we do not want anyone to know about our “dirty little secret.”

This is a picture of me,

Trudy Johnson and author of the book, *Choice Processing and Resolution ~ Facing Grief after Abortion Without Fear*. I was in a lot of pain during this time. I did not realize it but I was actually grieving even though I did not know it. I shaved my head

(for reals!) and realize looking back that most of the clothes in my closet were black! I wasn’t eating much either as you can tell by the picture. I hope *CPR will help you!* This is a resource I could have found when I needed help in my time of grief.



Disenfranchised Grief and Voluntary Pregnancy Termination ("vpt")

Grief that remains unprocessed can lay dormant for years and create emotional stressors that we are not aware of. Grief after a voluntary pregnancy termination is often disenfranchised because it is not openly acknowledged and there are not any public venues to process sadness after "vpt." The assumption is that the actual procedure is the closure.

In reality there can often be an intense sadness that comes over women (sometimes unexpectedly) after they have terminated a pregnancy for whatever reason. This sadness is actually very common and quite normal. If left alone without processing, grief can cause emotional duress. Check the boxes that pertain to areas in your life today that might point to your disenfranchised "vpt" grief.



I experience low-lying levels of depression.	I often have a general feeling of sadness that can't be connected to any life situation.	I have told very few people about the "vpt" in my past.	There is definitely a certain season of the year where I feel blue or more down than others.	I have unexplainable sadness from time to time.
Frequent crying spells.	Deep sense of unexplainable guilt.	Self-loathing or feelings of inferiority.	I tend to emotionally withdraw from relationships.	Lack of trust in intimate relationships.
I put up walls in relationships.	I reach an elevated level of sadness or anger when relating to others.	Neediness in relationships resulting in over-dependency.	Rage and/or anger in relationships with men	When I get into a place of sadness I limit my food.
I am unable to retain joyful moments.	My emotions seem increasingly harder to regulate.	Frigidity unrelated to an unexplainable event.	Difficulty making decisions.	Spiritual disconnection. Guilt.
I've had more than one "vpt."	Drug, alcohol or other addictive behaviors.	I felt forced to choose "vpt" by partner or family member.	I have no feelings at all about my "vpt".	I have a lot of feelings about my "vpt" that I have never expressed .

Yes! I have disenfranchised grief
because of a “vpt” in my past.

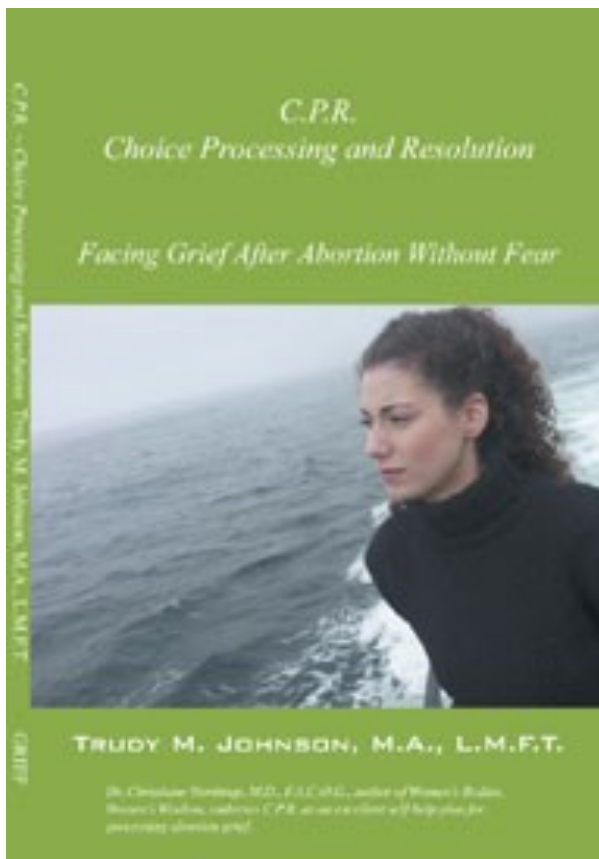
What’s my next step?

It is no accident you are on this journey!

Get your self-help plan today and
begin to work through the grief
you are feeling. I will be right be-
side you cheering you on as you
look at this tough time in your life
without fear of condemnation.

www.amazon.com

Put “help after abortion” in the
search box for books.



Take your self-help plan to your therapist!

They can download this e-book to use to help
you walk through your “vpt” grief as you use
your book to dialogue the process.

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