

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. Circle the areas in your life that pertain to your life today and 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.
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 .

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For use with CPR Therapy Forms

Use with C.P.R. ~ Choice Processing and Resolution available on www.amazon.com

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