

WHEN MEN GRIEVE

HEALING AND HOPE AFTER ABORTION

DO MEN GRIEVE OVER AN ABORTION? YES, WE DO.

If someone you cared about has had an abortion, you have experienced a real and painful loss. Many men carry this secret quietly—a wound they never speak about and perhaps never fully understand.

As the father of an aborted child, maybe you learned about the abortion after it happened. Maybe you were told after the fact, wishing you could have done something differently. Maybe you believed it was the right decision at the time—or you were made to feel you had no say at all. Maybe you pressured her, or helped her obtain the abortion, and now live with regret.

Whatever your circumstances, **you have the right to acknowledge your grief**.

YOU ARE NOT ALONE

Research reveals that 1 in 5 men report involvement in an abortion by the age of 45. That means millions of men may be silently carrying the weight of this loss. You are not the only one.

> *"My girlfriend and I were not ready to start a family, and she convinced me that an abortion was the best option. I went along with it and even drove her to the clinic. I thought I was doing the right thing. For years, I pushed it out of my mind. Then, when my wife and I attended our first ultrasound together, I was suddenly overwhelmed. What had I done?"*
>
> — Dave

ACKNOWLEDGING THE TRAUMA

When people speak about trauma, the death of a child is often the first example they give—and for good reason. The loss of your child is a trauma, regardless of the circumstances.

Unresolved grief from a past abortion can surface in many ways:

- Emotional pain, guilt, or shame
- Flashbacks or intrusive thoughts
- Anxiety or depression
- Self-destructive behaviors such as substance abuse, emotional detachment, or workaholism

These responses are not signs of weakness. They are signs that something in you recognized the gravity of what was lost—and that part of you deserves to be heard and acknowledged.

LETTING GO OF THE "SHOULD HAVES"

Many men carry a heavy and confusing burden long after an abortion has taken place. Society often says it is entirely a woman's choice—yet deep inside, many men feel the weight of a father's instinct: *I was supposed to protect my family. How could I have let this happen?*

These feelings are natural. But holding onto the "should haves" and "could haves" can keep you trapped in a cycle of guilt and pain.

Our God is loving and merciful. There is nothing He cannot forgive. He knows your heart, your grief, and your confusion better than anyone. He invites you to come to Him not with a polished story, but with your raw and honest pain. This is the moment to receive His mercy—and with it, a genuine fresh start.

THE FREEDOM TO BE A GOOD HUSBAND AND FATHER

Years after an abortion, many men quietly fear that they are no longer worthy of family life—that they have forfeited their right to be a good husband or father.

That is not the truth.

With God's grace, something good can result even from tragedy. As you work through your grief and lean into His forgiveness, you may discover a deeper appreciation for the sacred responsibility of fatherhood. Many men who have walked this path go on to be profoundly loving and nurturing fathers—precisely *because* of what they have been through.

Embracing God's love and mercy can instill a renewed reverence for the sanctity of life and a richer understanding of what it means to care for others.

MAKING IT RIGHT

God is the one who offers true forgiveness and lasting peace. We participate in that healing by walking the path of humility—acknowledging what happened, seeking forgiveness where we have failed, and looking for ways to support others who are hurting.

In Christ, your past mistakes are not held against you. You can receive His love, grow through this experience, and become the man—and the father—God created you to be.



"I can be a more forgiving person because I have been forgiven. I can understand, in a more profound way, the confusion and pain that others experience. I can now recognize the sanctity of life in a way I simply couldn't see at the time."

— Gordon

MOVING FORWARD

You do not have to carry this alone any longer.

Non-judgmental, confidential help is available.

The abortion healing ministry of the Catholic Church in the United States, **Project Rachel Ministry**, is ready to walk with you on this journey—with compassion, without condemnation.

Call: 888-456-HOPE

Visit: www.HopeAfterAbortion.org

All inquiries are completely confidential.

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