Music

as a Bridge to Abortion Healing

SUPPORT

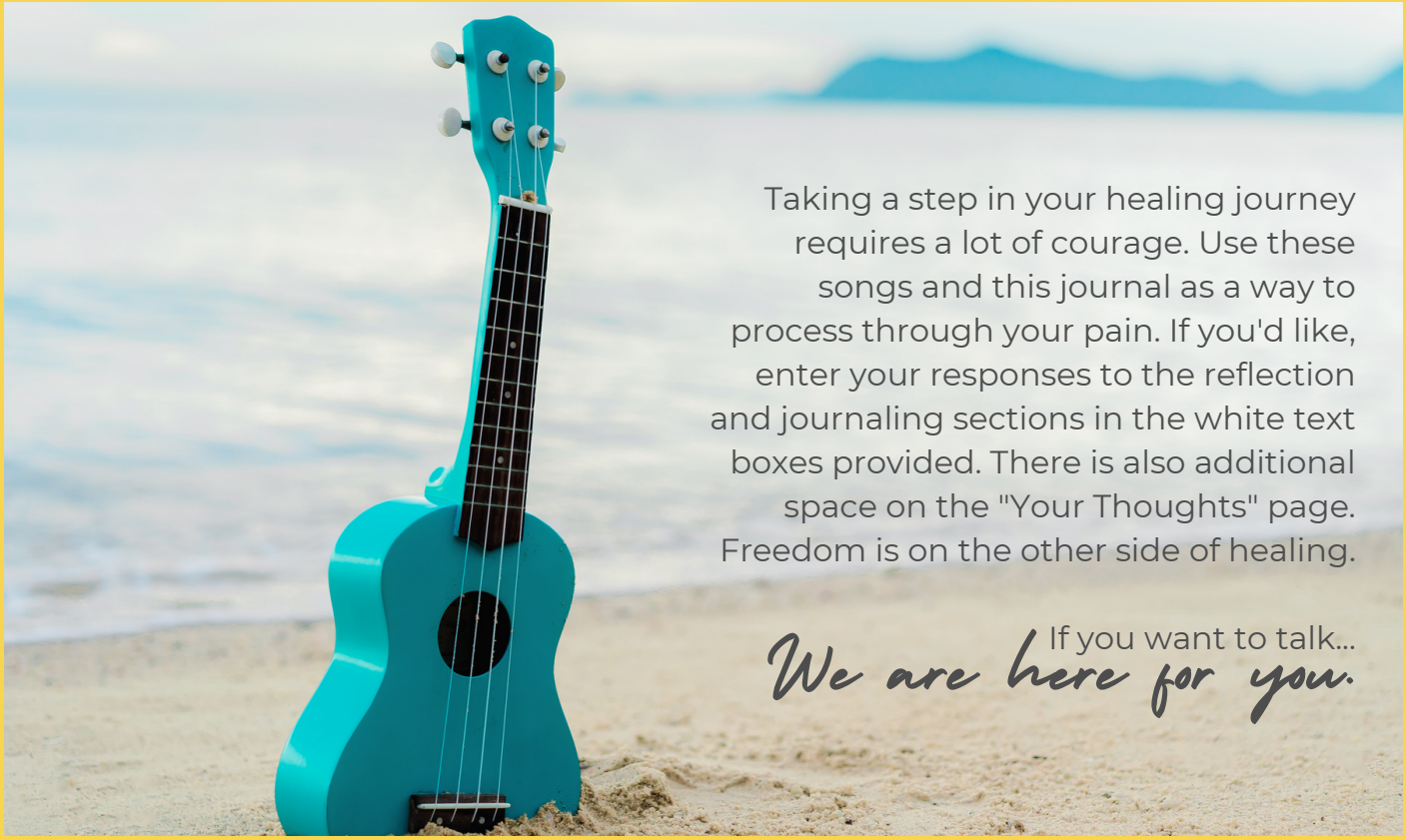
AFTER ABORTION

www.SupportAfterAbortion.com

Steven Siler Dove Award winning songwriter, singer and founder of Music for the Soul, says this about music:

"In this day and age, there seem to be very few concepts upon which we can all agree. I'd like to suggest that there are two important, timeless realities upon which we can all agree. First, all human beings have a deep desire to know that they are not alone. Second, music has the unique ability to speak to us in a way that connects us to our deepest emotions and helps us to express the inexpressible. What is the power of a song? It is an agent of life changing healing for those dealing with issues of trauma, grief, and other disruptive life events."

You are not alone



Taking a step in your healing journey requires a lot of courage. Use these songs and this journal as a way to process through your pain. If you'd like, enter your responses to the reflection and journaling sections in the white text boxes provided. There is also additional space on the "Your Thoughts" page. Freedom is on the other side of healing.

If you want to talk...

We are here for you.

FEELING LIKE NO ONE UNDERSTANDS?

What hurts?

Whatever you're facing... you are not alone when you turn to the healing music of Music for the Soul.

Healing and freedom are possible.

All these choices I have made Break me in the deepest place
Can what's been ruined ever be redeemed?
Is there hope for hidden things?

Hidden Things

Hidden Things

From the music project, "Mercy Great Enough" Finding Hope After Abortion

Shame is different from guilt. Guilt is feeling you have done something wrong. Shame is believing that you are wrong, defective, or a bad person. Men and women who have had abortions can feel deep shame and may even not share this secret with their family, friends, or partner. This song can be used to help validate what you may feel and opens the door to talk about how to heal after abortions.

REFLECTION AND JOURNALING

What did you experience while listening to this song?

What did you think?

What did you feel?

What is the difference between guilt and shame?
Which can you relate to the most?

How have you seen shame in your life relative to your abortion experience?

Your Life Has Made a Difference

From the music project, "Mercy Great Enough" Finding Hope After Abortion

Every abortion is a loss. This song is about grieving your loss and finding closure. People impacted by abortions can find it helpful to name their children and do something to memorialize and bring dignity to their lives. As you do this, you can begin to find new purpose by working through your grief, and you may find a desire to help others find hope and healing, too.

REFLECTION AND JOURNALING

What did you experience while listening to this song?

What did you think?

What did you feel?

Some individuals have considered these activities helpful in bringing dignity and purpose to their children's lives. Others may not feel ready to do so, and that's okay.

- Name your children, visualize their looks and personalities.
- Acknowledge your children by writing a letter, creating a poem or drawing a picture.

Describe how this process has been for you?

How has this song impacted your feelings about your abortion(s)?

For those who are using this journal as part of an abortion healing support group, how are you different today from when you began your healing journey?

Your Thoughts

Your Next Steps

- Want to connect with other abortion healing options? Contact Support After Abortion
- Want to explore additional online abortion healing resources? Check out our Client Hub
- Do you ever ask yourself why do I keep doing this? Learn the root causes of unhealthy behavior and choose differently. Contact our HOPE Line at 844-289-4673 to get connected to a virtual support group or check out Unraveled Roots on the Client Hub
- Know people who have had abortions? Encourage them to call or text our HOPE Line at 844-289-4673 or visit our Client Hub to find the hope and healing that others have experienced.
- Know someone who is considering an abortion? Encourage them to contact our HOPE Line at 844-289-4673. We can share options to help them make a well-informed decision.
- Want to talk? Call or text our HOPE Line at 844-289-HOPE (4673)

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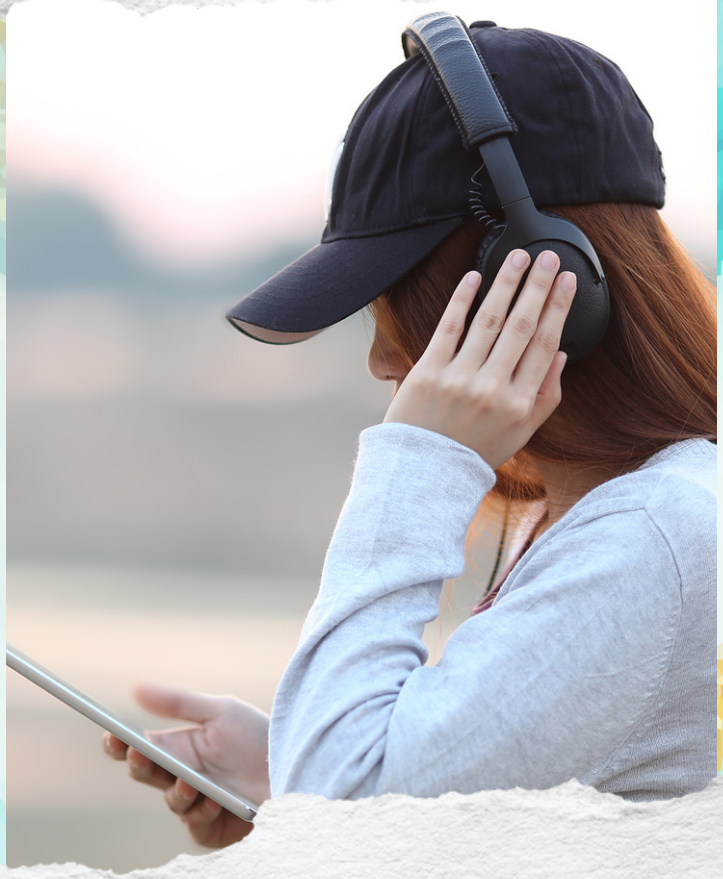
Music for the Soul and Support After Abortion wish to thank Gregory Hasek MA/MFT LMHC for his advisory role in the creation of the content of Mercy Great Enough and this journal.



For additional resources or to speak to one of our support staff, contact us for confidential, judgment-free help. We would be honored to walk alongside you as you navigate your healing journey.

Healing is Possible

Call or Text: 844-289-HOPE (4673)

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Connect with us on social media

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