



Key 5 - Walking in Confidence and Hope

Reread the five-step plan to find and keep your confidence on pp 40-41. What are some of the negative or discouraging thoughts that often pop up for you? Are they true? How do they make you feel? What positive thoughts could you replace them with?

Hope believes that a positive outcome is possible. What are some positive results you have experienced so far in Keys 1-5?

Need help? Call, Text or Email our After Abortion Line:

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