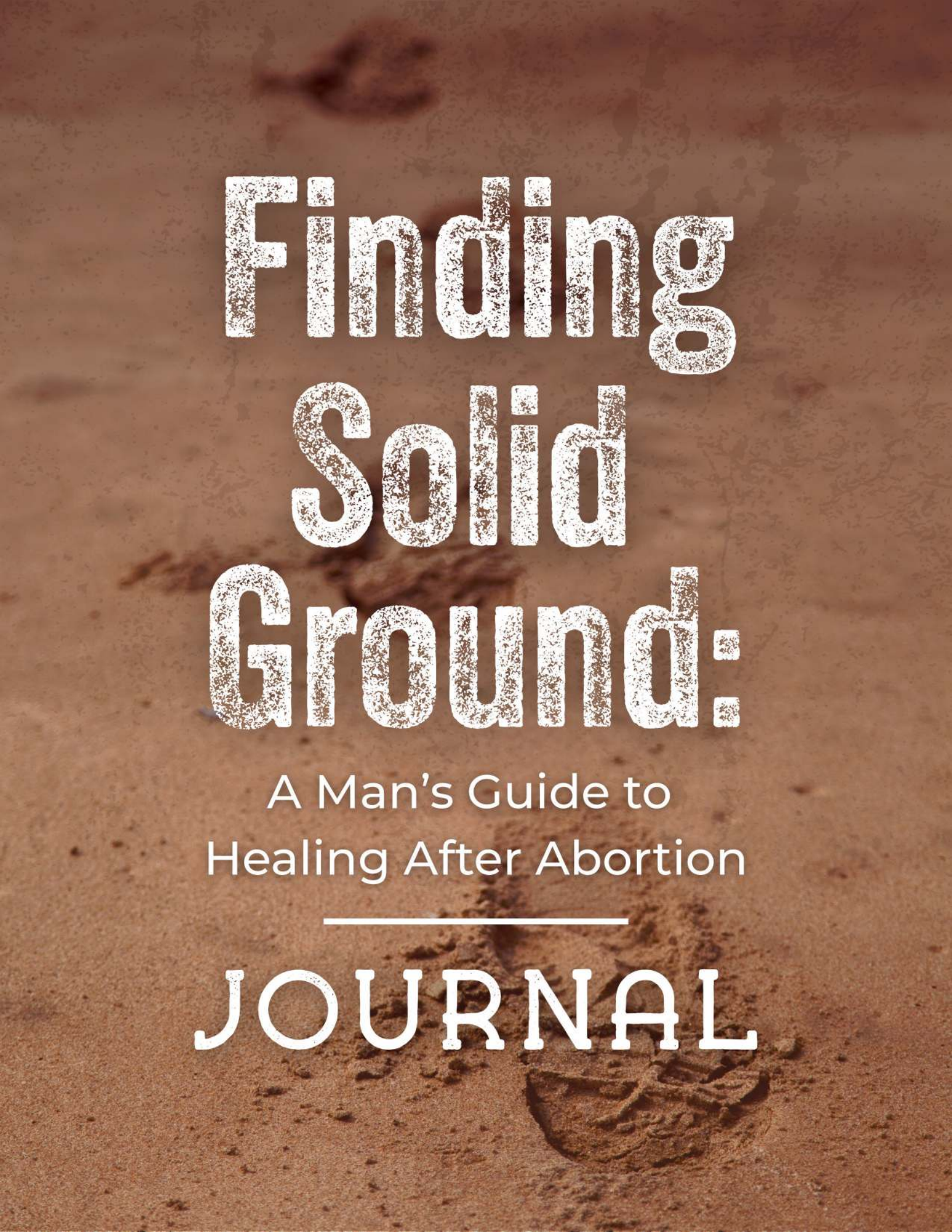
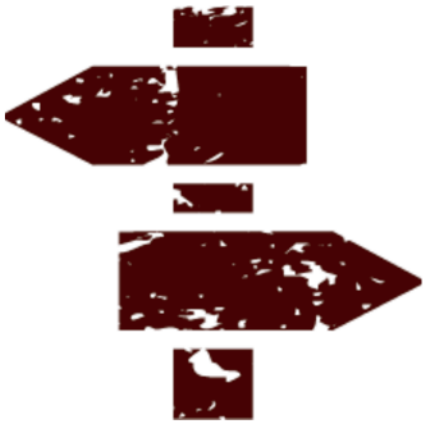


Finding Solid Ground:

A Man's Guide to Healing After Abortion

JOURNAL



AS YOU MOVE THROUGH THIS PROCESS ...

This journal's yours. No rules. No pressure.

Use it to get stuff out of your head and onto paper.
Whatever you're thinking or feeling—good, bad, or stuck—
write it down. You might be surprised at what comes up.

You don't have to have it all figured out.
But putting words to what's going on inside?
That's part of how healing happens.
This space is for you—use it how you need.

CH 1: YOUR ROLE

"I wish I'd spoken up back then and asked about her feelings and talked through our worries. I thought assuming what she wanted and not rocking the boat was the way to support her—and avoid complicating our situations. But now, I think having the guts to be honest—with myself and with her—would have been real support."

- PAUL

CH 1: YOUR ROLE

"Facing my past and being real about my story gave me the freedom and peace that come with accepting my role, receiving God's mercy, and letting go."

- PAUL

CH 2: WHAT ABOUT EMOTIONS?

"It was easier to numb everything ... than to actually deal with the mess in my head .... But looking back, I know I wasn't really living. I was just avoiding—and the longer I did, the more it took out of me."

- COLLIN

CH 2: WHAT ABOUT EMOTIONS?

"I learned that emotions don't stay buried forever—they have a way of coming out. What matters is how we deal with them. Now, when something hits me—sadness, frustration, anger—I stop and figure out why."

- COLLIN

CH 3: GRIEVING YOUR LOSS

"I felt like I was walking around in a fog. The sadness would wash over me like a wave, pulling me under. I was so angry too .... And then there was the grief, heavy and suffocating, like a stone in my chest."

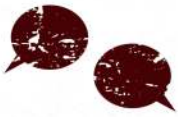
- GLEN

CH 3: GRIEVING YOUR LOSS

"As time went on, I found peace in my healing journey. I learned that I could feel the grief without letting it destroy me. My counselor reminded me often that dealing with grief isn't about finding a way to get over it; it's about finding a way to carry it."

- GLEN

CH 4: ANGER AND FORGIVENESS



"I should have been holding my baby, but instead, I was carrying this weight of pain and anger. Anger at life for dealing us such a cruel hand. Anger at God for letting this happen. Anger at the doctor who gave us this horrible news and urged this decision. Anger at myself for not being able to fix it ..."

- EVAN

CH 4: ANGER AND FORGIVENESS

"Slowly, the weight began to lift. Forgiveness wasn't easy, but it was the way forward. It didn't come quickly, but eventually, it brought peace. And that peace was something I hadn't felt in a long time."

- EVAN

CH 5: DRAWING CLOSER TO GOD

"I didn't want to face the truth that all these decisions were stacking up, affecting me more than I realized... But deep down, I was starting to feel like something was missing—like I was stuck in a pattern, always running from something I wasn't ready to confront."

- TROY

CH 5: DRAWING CLOSER TO GOD

"I'm not where I want to be yet, but I'm a long way from where I was. I still think about the abortions, but I don't let them control me. I know healing doesn't happen overnight—it's a journey, and I'm still walking it. But, I've learned that with God, courage, and the right support, there's always a way forward."

- TROY

CH 6: SO, WHAT'S NEXT?

"Then came rock bottom. One night, I got blackout drunk and wrapped my car around a tree .... When I woke up in the hospital, my mom was sitting there, tears streaming down her face. She said, 'Jake, I can't watch you do this to yourself anymore.'"

- JAKE

CH 6: SO, WHAT'S NEXT?

"That's when I realized my story could help others. Now, I lead that [men's] group. I tell the guys what Joe told me: 'You've climbed one mountain. You can climb another.'"

- JAKE

WHAT ARE MY NEXT STEPS?

"God, thank you for walking with me through this book and helping me get this far in my healing... Help me to keep moving forward, one step at a time. Come, Holy Spirit, show me the next right thing to do, even when it's hard to see."

- Excerpt from Chapter 6 Prayer

WHAT ARE MY NEXT STEPS?

"God, thank you for walking with me through this book and helping me get this far in my healing... Help me to keep moving forward, one step at a time. Come, Holy Spirit, show me the next right thing to do, even when it's hard to see."

- Excerpt from Chapter 6 Prayer

ADDITIONAL NOTES

"He set my feet on solid ground and steadied me as I walked along.
He has given me a new song to sing, a hymn of praise to our God."
- Psalm 40:2-3 (NLT)

There is solid ground after abortion.

FOR SUPPORT

Call, Text or Email our AFTER ABORTION LINE

844-289-HOPE (4673)

help@supportafterabortion.com

www.supportafterabortion.com

SUPPORT

AFTER ABORTION

FOR BOOK, VIDEO SERIES, PLAYLIST

GO TO

FindingSolidGround.com