

# Project Joseph<sup>©</sup>

*An Outreach to Men Suffering  
from Abortion*

## HEALING AFTER ABORTION MINISTRY

Are you suffering from a  
past abortion experience?

Don't wait any longer to  
experience Christ's Mercy

We Can Help!



## 2021 Healing Retreat in English October 9-10

For confidential assistance:

[www.projectjosephdallas.org](http://www.projectjosephdallas.org) | 469-720-CARE (2273)

[healing@projectjosephdallas.org](mailto:healing@projectjosephdallas.org)

For men only: [www.projectjosephdallas.org](http://www.projectjosephdallas.org)



Retreats sponsored by the Catholic Pro-Life Community and  
supported by The Mercy Fund held at The Catholic Foundation

# Symptoms of an Abortion - Men

*Below is a list of symptoms that men may experience after an abortion*

## **SYMPTOMS**

- Excessive anger
- Anxiety
- Panic attacks
- Mood swings
- Low self-esteem
- Feelings of helplessness
- Feelings of powerlessness
- Worrying
- Sadness
- Depression
- Confusion
- Guilt
- Shame
- Fear of failures in work, school, sports, competitions, as father, as husband, as friend, sexual function
- Numbness
- Sense of worthlessness
- Sense of damaged manliness
- Objectifying women

## **BEHAVIORS**

- Suicidal thoughts
- Attention Deficit
- Promiscuity / Affairs
- Impotence
- Lack of trust
- Insomnia
- Nightmares
- Isolation
- Avoidance
- Risk-taking
- Substance / Alcohol abuse
- Addiction
- Violence
- Lack of intimacy
- Pornography
- Irresponsibility
- Drive to succeed
- work-aholism
- Lack of direction & goals
- Unable to bond with living children
- Defensiveness on topic of abortion

