

Abortion PTSD Checklist

Symptom	Completely Experienced	Somewhat Experienced	Did Not Experience
Guilt			
Anxiety			
Emotional Numbness			
Bouts of Crying			
Depression			
Suicidal Urges/Ideation/Attempts			
Anger/Rage			
Intense Grief			
Sadness			
Inability to forgive oneself			
Eating Disorders			
Drug/Alcohol Abuse			
Nightmares			
Sleep Disturbances			
Relationship difficulty			
Panic Attacks			
Flashbacks to the abortion (sights/sounds)			
Multiple abortions			
Pattern of repeat crisis pregnancy			
Promiscuity			
Anniversary triggers e.g.; abortion date, due date etc.,			
Discomfort around babies			
Discomfort around pregnant women			
Ambivalence or fear of pregnancy			
Bonding problems with existing or subsequent children			
Fertility anxiety			
Self punishing behaviour			
Self harming (cutting)			