

## The After-Effects of Abortion

Post-Abortion Syndrome (PAS)

Post-Abortion Syndrome can reveal itself in obvious or subtle ways. Its symptoms may not appear until months or years after your abortion. The following is a sample list of PAS symptoms:

- Aggressive Behavior
- Anxiety Attacks
- Drug and/or Alcohol Abuse
- Eating disorders
- Flashbacks
- Interrupted Sleep
- Irritability
- Numbing of Emotions
- Outbursts of Anger or Rage
- Prescription Drug Abuse
- Prostitution
- Related Nightmares or Dreams
- Repeated Abortions
- Replacement Pregnancies
- Self-Destructive Behaviors
- Sexual Promiscuity
- Shame and Guilt
- Short or Long Term Depression
- Supermom Syndrome
- Thoughts of Suicide
- Withdrawal from Relationships

## Alive Again Ministries A Non-Profit 501c3 Ministry

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# *The Journey to Life*



# *Help after Abortion*

## Why take “*The Journey to Life*”?

- ❖ *Do your thoughts about your past cause you to feel shame and guilt?*
- ❖ *Do you struggle with feelings of sorrow, anger and depression?*
- ❖ *Do you feel depressed, at times, without reason?*
- ❖ *Do you have destructive behavior?*
- ❖ *Do you live a lifestyle full of activity and busy work trying to fulfill a nagging emptiness?*
- ❖ *Do you ask yourself what your life would have been like if you had not had an abortion?*
- ❖ *Do you ever wonder if you would have had a boy or a girl?*
- ❖ *Do you have difficulty bonding with your children?*
- ❖ *Do you smother or hover over your children?*
- ❖ *Do you avoid babies and children?*
- ❖ *Do you avoid discussing the subject of “abortion?”*

“*The Journey to Life*” will help you discover how devastating the effects of abortion(s) are. If you answered yes to any of the above questions, *The Journey* is for you.

## “*The Journey to Life*”

*Would you want a life full of beauty,  
bright lights and life?  
Take “The Journey!”*



## What is “*The Journey to Life*”?

“*The Journey to Life*” is life changing. By completing *The Journey*, you will be healed and freed from post abortion(s).

## How can you take the Journey?

“*The Journey to Life*” is offered through Skype, Zoom and phone.



For more information, you can e-mail us at [sherryaliveagain@gmail.com](mailto:sherryaliveagain@gmail.com)



## Comments from people who have completed *The Journey*:

“...I discovered more about myself and how God loves me and has a purpose for me. It was overwhelming.”  
*Martha*

“I began *The Journey* seeking post-abortive healing. However, I found healing in other areas: forgiveness, fear and doubt.” *Heather*

“[*This Journey*] is the best thing that ever happened to me.” *Cindy*

## From the Leaders of “*The Journey to Life*”

*“And you shall know the truth,  
and the truth shall make you free.”  
John 8:32*

The leaders of “*The Journey to Life*” can understand and relate to you as post-abortive women, men and teenagers. We have experienced feelings of guilt, shame and pain from our own abortions.

During our healing journeys, God gave us new lives full of freedom, peace and absolute joy!

We realize, around the world, there are millions of post abortive people. Many of you recognize the after-effects of your abortions, while many of you do not. *Alive Again Ministries* was created to touch your lives and bring you help and healing using “*The Journey to Life*”.

## *Our Mission*

*Alive Again Ministries* exists to follow Jesus Christ.

The purpose and commitment of A.A.M. is to lead broken people to the love of Jesus Christ and His healing freedom.

Jesus came to give us Life.

Luke 15:11-24