

The Trigger Effect of Roe vs. Wade

by Diana Karpavage, LCPC



Legalized abortion in the USA over the past 49-1/2 years, has resulted in some 65 million deaths of unborn babies, affecting up to 40% of women in our nation (~54 million~)¹, *including* millions of spouses, parents, children, and grandparents. It is rare to find anyone in the US who has not been touched in some way, or knows someone who has had an abortion.

Now that Roe vs. Wade has been overturned by the US Supreme Court on June 24, 2022, the decision of legalized abortion is given to our 50 states to be decided by their legislatures . . .

and a huge trigger has been set off for millions of women.

Women who have aborted during these years are even up to 90 years old now, were in their 40's and of child bearing age, when abortion was legalized in 1973. Consider that every person alive today 49 years old or younger *could have been legally aborted* by their mothers, if she had the mind to do it. Tens of millions have done it, many more than once, for many reasons. In retrospect, many women will say it is the biggest regret of their lives.

I submit that the Roe vs. Wade controversy and the daily news coverage on the subject of abortion will surely *trigger a shock situation* for many post-abortive women. Here is why.

It is a fact that abortion is the termination of a pregnancy by submitting to procedures that end the baby's life in the womb. The souls of *most* women cannot handle this as it is contrary to our nature - to nurture, not destroy. Depression, despair, grief, sometimes PTSD symptoms, and unruly emotions, overpower strong defense mechanisms which have temporarily held back the reality. Denial, minimizing, rationalizing, justifying, blocking, disconnection, and other mindsets that kick in to suppress trauma, eventually give way, the pain breaks through and invades normal everyday functioning.² The average time of shock occurs about 8 years post-abortion – meaning some women have immediate negative effects (acute) and some hold on for decades (delayed onset). When the shock occurs, a woman must face her conscience, her grief, her decision, the traumatic aspects, forgiveness, dealing with those involved, and seek to find reconciliation.

The trigger of Roe vs. Wade will affect millions of women who will need genuine healing, free of condemnation, yet with truth and support to recover, emotionally, psychologically, physically, and spiritually. Many men will need the same.

Thousands of crisis pregnancy resource centers and professional counselors skilled in post-abortion trauma, are available for those in need. Numerous post-abortion recovery books are already on the market. There are support groups in person and online. It is better to be well; the Court's ruling may indeed by default, lead many in our nation to healing from abortion. ###

Notes:

¹ <https://www.census.gov/data/tables/2019/demo/age-and-sex/2019-age-sex-composition.html>

² American Psychiatric Association. (2013). Diagnostic and statistical manual of mental disorders (5th ed.). (F43.10). Arlington, VA: American Psychiatric Publishing.

END