



After-Abortion Stories

Exhale Pro-Voice holds space for abortion story-sharing - both reading others' stories and writing your own. Should you choose to add your voice to Exhale Pro-Voice After-Abortion

Stories, you remain the writer and owner of your story.

(<https://exhaleprovoice.org/>).

Abortion story-sharing can help us to:

- Feel less alone in a shared and stigmatized experience,
- Cultivate empathy and growth, as no two stories are alike,
- And deepen our connections with ourselves and with each other.

Abortion story-sharing can help us feel empowered as we take charge of our own narrative. And, abortion story-sharing can be emotional and painful - for both readers and writers. Whether you share your story publicly, anonymously, privately, or only with yourself, you deserve dignity and respect. Your story is powerful - and we are rooting for you every step of the way!

Add Your Voice (/add-your-voice)

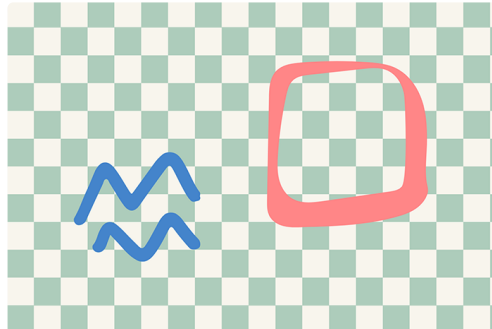


(<https://exhaleprovoice.org/post/could-never-have/>).

April 13, 2023 By [Exhale](https://exhaleprovoice.org/post/author/erin/)
(<https://exhaleprovoice.org/post/author/erin/>).

I Will Always Remember
(<https://exhaleprovoice.org/post/could-never-have/>)

I felt something I was told I could never have. I saw what I was told could never happen. I felt what I've never wanted (or so I thought) Till



(<https://exhaleprovoice.org/post/opportunity-sorrow/>).

April 4, 2023 By [Exhale](https://exhaleprovoice.org/post/author/erin/)
(<https://exhaleprovoice.org/post/author/erin/>).

Choices
(<https://exhaleprovoice.org/post/opportunity-sorrow/>)

It was a year and 3 months ago that I got a huge promotion and the opportunity to go away for 4 months of professional training. I

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the moment this thing could be real.
I bled you out. Hours of pain and
anguish were deafening to say the
least. I truly started to questioned if
I ...

[Read more...]

(<https://exhaleprovoice.org/post/could-never-have/>).

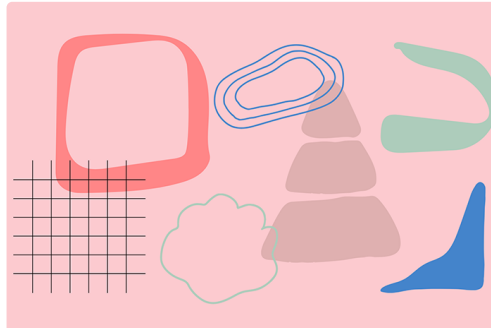
worked hard for an opportunity like
this. When I arrived I was surprised
to meet a man that actually
interested me. I had given up on
relationships and was focusing ...

[Read more...]

(<https://exhaleprovoice.org/post/opportunity-sorrow/>).



(<https://exhaleprovoice.org/post/healing-journey-sweet-sorrow/>).



(<https://exhaleprovoice.org/post/took-the-pill/>).

March 27, 2023 By [Exhale](#)
(<https://exhaleprovoice.org/post/author/erin/>).

Sweet Sweet Sorrows
(<https://exhaleprovoice.org/post/healing-journey-sweet-sorrow/>)

I felt like it was time to share my
story in hopes to help with my
healing journey. For context I am a
21 year old mother to three living
children and currently going
through a divorce. After my husband
and I decided to separate in June of
2022, I started dating someone in
October of 2022. The ...

[Read more...]

(<https://exhaleprovoice.org/post/healing-journey-sweet-sorrow/>).

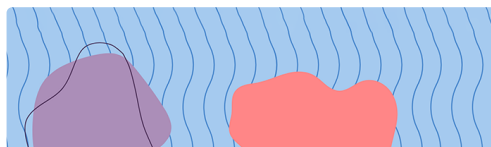
March 13, 2023 By [Exhale](#)
(<https://exhaleprovoice.org/post/author/erin/>).

What if things were different
(<https://exhaleprovoice.org/post/took-the-pill/>)

Ever since I took the pill and went
through the process and I've been
feeling regret ever since. It's been
about 2 months since I last saw my
ex and that happened to be the
time we weren't careful. Soon
enough, a month later and I realized
my period was late. I assumed it was
due to stress from ...

[Read more...]

(<https://exhaleprovoice.org/post/took-the-pill/>).



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(<https://exhaleprovoice.org/post/one-year-on/>).

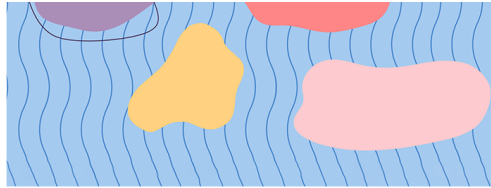
March 9, 2023 By [Exhale](https://exhaleprovoice.org/post/author/erin/)
(<https://exhaleprovoice.org/post/author/erin/>).

One Year On (<https://exhaleprovoice.org/post/one-year-on/>)

It has been one year and 6 weeks since I discovered your accidental existence. I was hungover, having partied hard the night before off the back of finishing an intense PGCE training placement. I knew I was late for my period: I was quite vague as to how late. Given that I'd had the copper coil ...

[[Read more...](#)]

(<https://exhaleprovoice.org/post/one-year-on/>).



(<https://exhaleprovoice.org/post/no-sedation-10-weeks/>).

March 5, 2023 By [Exhale](https://exhaleprovoice.org/post/author/erin/)
(<https://exhaleprovoice.org/post/author/erin/>).

No Sedation Surgical Abortion 10 Weeks (<https://exhaleprovoice.org/post/no-sedation-10-weeks/>)

I remember the feeling of dread when I was told that a surgical abortion was done under "twilight sedation". This means that you are not fully asleep, but you are very relaxed. This is beneficial to many people seeking abortions... but I could not get comfortable with the idea of it. I remember ...

[[Read more...](#)]

(<https://exhaleprovoice.org/post/no-sedation-10-weeks/>).



(<https://exhaleprovoice.org/post/pride-and-shame/>).

February 17, 2023 By [Exhale](https://exhaleprovoice.org/post/author/erin/)
(<https://exhaleprovoice.org/post/author/erin/>).

Pride and Shame (<https://exhaleprovoice.org/post/pride-and-shame/>)

The oddest part of an unplanned pregnancy is the distrust and shame



(<https://exhaleprovoice.org/post/grandma/>).

February 14, 2023 By [Exhale](https://exhaleprovoice.org/post/author/erin/)
(<https://exhaleprovoice.org/post/author/erin/>).

Mom/Grandma (<https://exhaleprovoice.org/post/grandma/>)

Mom/grandma I was 18 & engaged when I found out I was pregnant, now I am 66 years old. My only "excuse" for having an abortion is I

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pregnancy is the disgust and shame
I felt with my own body for
betraying me. I'm young, active and
very much not ready for
motherhood (and may never be).
The minute I saw those two lines I
panicked, even though I live in a
state where I have immediate and
safe access ...

[\[Read more...\]](#)

[\(https://exhaleprovoice.org/post/pride-and-shame/\)](https://exhaleprovoice.org/post/pride-and-shame/)

would have been 5 months
pregnant at my wedding. Looking
back, I realize how stupid I was. If I
was in love with the man I was
marrying--and I was--then why ...

[\[Read more...\]](#)

[\(https://exhaleprovoice.org/post/grandma/\)](https://exhaleprovoice.org/post/grandma/)

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[community/page/2/\)](#)

[\(https://exhaleprovoice.org/post/category/community/page/3/\)](https://exhaleprovoice.org/post/category/community/page/3/)

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[\(https://exhaleprovoice.org/post/grandma/\)](https://exhaleprovoice.org/post/grandma/)

Contact

✉ *P.O. Box 14562 San Francisco, CA 94114*

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