



SILENT NO MORE AWARENESS CAMPAIGN

DEFUND **PLANNED PARENTHOOD**

Experiences at the Clinic

*The following are brief statements from women of the Silent No More Awareness Campaign.
More statements and stories of abortion experiences can be read at www.SilentNoMore.com*

Experience Trumps Rhetoric!

I had a botched abortion in Atlanta's Planned Parenthood abortion clinic. The doctor left the dead fetus inside and I needed immediate medical attention. For the health of women, please defund Planned Parenthood. *Christy, NC*



The clinic I had my abortion in told me my "fetus" was 7-8 weeks and being only 15 years old, I didn't know what that meant. Afterward they told me I was actually 10-12 weeks. I got very sick & was vomiting directly after the procedure, the room was spinning and I could barely stand. They pushed me out the door with a plastic bag for my trip home. I had severe pain and hemorrhaging afterward but was too embarrassed to go for help. I suffered with very serious depression & emotional issues for 20 years after. *Marci, PA*



I was 15 years old when my mother and I returned to Planned Parenthood after the contraceptive they provided months earlier failed. I was told I was 11 weeks pregnant and that my pregnancy was a 'clump of cells.' I was told to hurry to make an appointment if I wanted an abortion because at 12 weeks, the price would be higher. I was not given any counseling of any kind whatsoever. Today, I deeply regret my abortion. *Shadia*



I was 17 years old - the lady at the Planned Parenthood told me I could go to Women's Services clinic in Nebraska to get the procedure. My boyfriend at the time was 23 or 24 and I was told not to mention that or he would get into trouble. I don't feel like they really had my best interest in mind. From what I understand, they still give young girls the same advice. I was devastated by that abortion and my life spiraled downward for about 15 years after that. It took me 30 years to even talk about it. *Sherry*



As a 17 year old teenager I walked into a Planned Parenthood office for relief of the overwhelming shame of being pregnant. I was 5' tall with short dark hair, using my 18 year old friend's ID with her picture, she was 5'6" long blonde hair. Guess what? They didn't notice, didn't even question it. I was put in line with the others and escorted out the back door after my abortion. It was only the start of a lifelong regret of the choice I made. *Sue, Michigan*



My name is Barbara. When I was 21, I had an abortion with the help of Planned Parenthood of Wisconsin. Planned Parenthood told me at that time that my baby was nothing but tissue at that point in my pregnancy. I was about 10 weeks along. It was nothing but lies...I was in a horrible relationship, and was forced into having this awful procedure performed on me. This is a decision I will have to live with the rest of my life. Not a day goes by that I don't think about that precious baby that I killed. There was no counseling afterwards, and no one to talk to..... Please stop this from happening to other women...



Abortion procedure completed at Planned Parenthood, in CT at age 32. I was given absolutely no counseling regarding the procedure or the possible effects afterward. I was visibly upset just prior to the procedure when they did the ultrasound in the surgical room. I was not allowed to see the ultrasound, nor was I asked if I wanted to reconsider or be counseled. I have significant post abortion emotional/mental stress. – *Shelley*



My name is Anne-Marie and I'm from Michigan. I want to let you know that I had an abortion at a Planned Parenthood Clinic in Michigan. I was 18 at the time and 11 weeks pregnant. There was no counseling at all. It was pay at the front desk, then sit in a small waiting room for a few minutes, then into the room where they did the

abortions. After the abortion, I was taken to an area with cots and given some orange juice and cookies. When I think back, it astonishes me at the speed with which I was in and out the door. I was not the only one...as the waiting room was full of young women. Planned Parenthood or should they be named Money Grabbers?



My name is Christine. I've had 6 abortions, 3 of my abortions were done through Planned Parenthood. It was the most awful thing I've ever had to do. It was nothing but a death experience, parts of me died with it. Planned Parenthood gave me no other options. Planned Parenthood buildings have very cold atmospheres, along with the nurses being distant emotionally, no support, just get it done. They need no money to kill humans, the money needs to go to helping these women to give life to their babies.



They never explained the procedure to me. They never did a pregnancy test. My parents were not informed, and I was 15. I was not counseled in any way about the consequences. They served milk, juice and cookies after the abortion and gave us antibiotics to take home. Bottom line, I was never able to conceive a child again. --
Nicole, Connecticut



My name is Toni, and I'm from North Carolina. I had an abortion at a Planned Parenthood clinic in California. I do not recall any counseling at all about my pregnancy or that it was even a baby or alternatives. Immediately upon leaving, I had severe abdominal pains and bleeding. Within a month, emotional stress set in, depression in particular, which I still struggle with to this day. – *Toni, North Carolina*



I am trapped in silence because of my past abortions. I am trapped in shame because of my past abortions. Planned Parenthood told me to lie about my income so I could receive free or reduced services. Planned Parenthood told me the lie that the abortion would be quick and that the "blob of tissue" would be easy to get rid of. Abortion is not easy or quick. Abortion is forever. That "blob of tissue" was a baby that was prevented from being born because of Planned Parenthood. That "blob of tissue" is how every baby starts out. It is not a blob of tissue, it is a baby. I learned that from a medical doctor. My doctor who told me, "Congratulations, you're having a baby!" Planned Parenthood helped me kill my babies but never told me I would suffer every day after the abortions.

It has been 26 years and my mind will never forget the shame, the pain and suffering, and the crime of killing my babies. It doesn't matter if abortion is legal because the shame women feel is as if it were illegal. Planned Parenthood does not help anyone plan to be a parent. Planned Parenthood shows young girls and young women how to kill their own children, and in doing so we are killing a piece of ourselves. Abortion hurts mothers, fathers, and babies. Planned Parenthood does not ever care about the fathers of the babies they want to kill. Planned Parenthood takes your money or the governments money and then they forget you. But we can never forget Planned Parenthood. We must live with our shame and pain every day.
-- *Kathy, New York*



The process was horrifying. I was not treated as a person in any way once inside the office and procedure room: There was no eye contact from the doctor conducting the procedure, there was no explanation as to what was happening or going to happen, and he didn't even re-enter the room once the anesthesia wore off. The irony of the entire episode is that while my child was being brutally ripped from my womb, a child's ceramic balloon wind chime hung above my head from the ceiling above the "examination table." – *Sarah*



I had an abortion that caused immense emotional repercussions. I was given no counseling beforehand, which is an abuse to young women. Planned Parenthood harms women and should be de-funded. *A woman from NJ*



The decision I made ten years ago to have an abortion was decided through a Planned Parenthood. Words cannot begin to tell you the damage I felt physically, mentally, and spiritually, as well as the emotional trauma and deep depression and blackness that followed this decision. Planned Parenthood helped me make the one choice that I will regret for the rest of my life, and I implore you not to let them "help" any more women make the same one. *Kim, Pennsylvania*



There was absolutely no counseling about the possible emotional aftermath of having an abortion. I became suicidal and had no one to turn to. And to find out that what I was aborting was not a "blob" of tissue, but an identifiably human form, complete with heartbeat, fingers and toes. Planned Parenthood was woefully wrong to lie and not offer any post-abortion counseling. *Susan, New Jersey*





I went to Planned Parenthood 'just looking.' I walked in, with a living human being in my womb, still unsure of what I wanted to do. I walked out without that human being in my womb. I was asked why I was there and told them that I was pregnant and not sure what I wanted to do. The woman brought me in an office and proceeded to push papers in front of me to start the abortion process. I asked if they had any information on options. She motioned to a rack with a few pamphlets in it and treated me like I was wasting her time. Instead she started to ask, "Do you want your life to be ruined by a baby? Do you think the father is going to stick around?"



It didn't take long for me to be in a room taking off my clothes and putting on a hospital gown. As I waited, I thought. It was my turn to go. They sedated me. I was cold, lonely, scared. I tried to hold the assistant's hand as they wheeled me into the operating room. She pulled away. I said I did not want to do it. I said I wanted to leave. Last thing I remember she said, "It will be over before you know it." It sure was. I will regret it till the day I die. – *Alfreda, New Jersey*



I had an abortion at Planned Parenthood. It was horrible experience. I never went back there. I regret this very much. – *Paula*



My first abortion was at 14 in a medical hospital done at just under 3 months and done by saline solution in the first year abortion became legal in Ohio. I was told by my mother that this was the right thing to do, even though I wanted to go to an unwed home and give the baby up for adoption. After the saline solution was injected into the umbilicus cord, I was left in a hospital room by myself. I delivered a dead baby in the bathroom toilet and cradled it back to the bed with me, then called the nurse. Two years later, while in love in high school, I became pregnant again. My mother and sister took me to a Planned Parenthood clinic. I was given group counseling before the procedure to help alleviate getting pregnant again in the future. When I told them I would abstain, they, everyone in the group, laughed at me and told me I could never do that. I was shamed into thinking the abortion was the only way to handle my behavior. A year later, I was pregnant again and determined to NOT let my mother know. I wed the baby's father and was married for 23 years. Abortion doesn't solve the problem. Education on self-esteem, peer pressure, abstinence, and what real love is all about DOES solve the problem of teenage sex leading to abortion. I have spent millions of hours healing from these horrible actions. – *Joan, Ohio*



My first abortion experience was when I was fifteen I went to Planned Parenthood and had:

- 1) Lack of counseling
- 2) I was not told correct information about the development of my baby.
- 3) I felt coerced by the staff members.

My second abortion experience was when I was seventeen, and again with Planned Parenthood I had the same experience. By then I was spiritually, mentally and emotionally damaged further.

They were not a help to me - The agency not only helped me kill my unborn children, they helped me kill my own spirit, my psychological health and my emotional health. This agency harms women and young girls along with killing unborn children. – *Noel*



I was approximately 16 years old, pregnant, excited and scared at the same time in a crisis pregnancy. I went to Planned Parenthood and they instructed me to abort. I can remember clear as day being there. The doctor telling me I'll be terminating tissue/a pregnancy, never once making reference to a baby. Instructing me that this was for my own good... I was approximately 6 TO 7 WEEKS. Remembering someone at Planned Parenthood making a comment that if I waited any longer, it would cost more and I'd have to go out of town. This procedure cost \$150.00 cash and changed my life forever for the worst. Planned Parenthood destroys lives. --
Emily, New Mexico



I am writing because of my experience with an abortion that I had. I was flown by my parents to an abortion clinic. It was a horrific experience.

I told them I didn't want to be there. No one cared. I was called back into a room to (meet) with a counselor who asked me if I had anyone to talk to when I got home after the abortion. This was after I told her I didn't want to have this abortion. She didn't care, she knew my mom brought me there to have an abortion and she explained she had to have me sign off that I had had a meeting with her so I could have the abortion. I was so afraid and I knew there was no where I could go. They took me back to a white, stark room and put me in the stirups. They didn't give me anything for the pain. They were stern and told me to just hold on for a little longer. Tears streamed out of my eyes as I laid on that table and the pain was something I never experienced before or after, ever. The jar was barely covered by a white paper and I could see the blood and parts of my baby that were being sucked out of me. I was taken out of that room to a "recovery" room. This room was filled with beds

and I was told I had to be there for about an hour to "make sure" the bleeding would slow down. They sat me up, and I was a little dizzy, sick to my stomach. My mom was there and asked them when we could leave as we had to catch a plane back to home. The nurse released me. I felt weak and sick to my stomach. I kept having to stop to throw up and could hardly walk in the airport.

I went home and felt like I wanted to kill myself. They gave me no number to call, I couldn't talk to anyone. It was my dirty secret. In six weeks I had to go to a local Planned Parenthood clinic to get a follow-up exam, and the doctor said I needed "birth control" because, as the doctor told me, "girls who have had an abortion" were more likely to get pregnant again. I was told the "Pill" would be best. I told him I didn't want it, but there was no discussion, he just handed me the prescription. I have had recurrent nightmares about what happened, how helpless I felt and I have depression and anxiety every spring during the time when I was pregnant and the horrid experience of the abortion and clinic. I do not think the American Taxpayers should fund abortions. *Sharon, South Dakota*



I was a scared 16 -year old girl when I had my abortion. It is the worst decision I have ever made and I have regretted it for the nearly 20 years since it happened. I went to a clinic in Illinois. I was a minor, of course, and did not have to have any parental consent. I also did not receive proper counseling - I have no idea to this day what kind of procedure I had. I was also not sure how far along I was in the pregnancy. I do remember discussion between the doctor and nurse stating the pregnancy was farther along than they originally thought. That did not stop them from doing the procedure. I was left afterward feeling worthless, empty, and I regret this experience every single day. It has taken years for me to recover emotionally, although I am not sure if a woman can ever completely recover. It is my hope that women will no longer have abortions and the damage that occurs to women and children will be stopped. *Tammy, Colorado*



I was 'referred' for my abortion from Planned Parenthood. They acted as if it were absolutely nothing at all; except perhaps a 'Whew!' of relief. Counseling? What a laugh! Truly, they acted as if it was a Dentist's office and I was there to have a tooth pulled.

And the abortionist and his 'staff'? An assembly line; and the only thing they cared about was getting their \$. I was a nurse at that time, and I've never seen a rougher, more speedy post-partum 'exam'. The 'doctor' acted as if he was on amphetamines,

seriously. He ran in, stuck his hand up my vagina, then exited without a word. Of course, he had 15 other 'patients' to see. – *Kathy*



I had my abortion under full anesthesia. When they came to put me to sleep, I told them I wanted to talk to my doctor first. I kept insisting they not put me to sleep until I spoke with my doctor, as I was feeling uncertain. They told me they were just giving vitamins in the IV, but it put me to sleep, and I never saw or spoke with my doctor at all.

So after abortion, when I continued to have extreme emotions, crying spells, suicidal thoughts, nightmares, and more that lasted for years, I didn't tell anyone since I thought I was very abnormal. -- *C.*



Many years ago, I had two abortions where Planned Parenthood recommended abortionists to perform these horrific procedures. The trauma from these abortions had scared me for many years. I was yelled out by the PP counselor which frightened me so that I was paralyzed into having one of these two procedures. The shame and disgrace I experienced prior to the one, was nothing compared to the anguish and suffering post. The second abortion, was a result of the void I experienced from the first...no counseling was provided and I was left in a state of depression and nowhere to turn for many years. This scaring and inability to grieve or be counseled is cruel and inhuman and any organization that offers help should never, ever treat someone like I was treated or any other woman. – *Maryann, New Jersey*



I was shocked when I heard that congresswoman indicate that they were not cold at all to her abortion. Her experience was much different than mine. I was 17 when I went to Planned Parenthood and was not counseled at all they told me just about the procedure obscurely but never spoke of the child inside of me as a real baby just a thing to get rid of, on the day I had the procedure it was never spoken of as even a fetus just the procedure that would remove the pregnancy. As such I never really comprehended what I was doing or that I would spend the rest of my life burdened by the tremendous guilt of the horrendous act I had done. I wish I could turn back time and have anyone there show me the heartbeat or a sonogram anything to let me fully understand what I was doing, Someone to talk to me about options in a serious non judgmental manner to help me reach out to my parents but now all I can do is stand as a witness that Planned Parenthood in particular should not be an option to anyone ever. – *Megan, California*



I was driven to Planned Parenthood in WI by my sister who thought she was helping me I was ushered into the building by a woman to prevent me from talking to the protestors standing outside. The pre procedure counseling consisted of a brochure that I was given when ushered into a small room to change into a gown. I wasn't mistreated by the staff that isn't possible when they don't acknowledge you are in the room. The doctor never even said hello before he touched me and started the suction machine. The true travesty occurred hours later after I got home and started bleeding so profusely and had such excruciating pain that I got in the hot shower hoping to stop the bleeding and passed my child. I was scared and alone I picked it up and flushed it down the toilet. I bled for days. – *JoAnn, Wisconsin*



I was lead to believe this child was just tissue and not a baby, and there would be no serious consequences from the abortion. All were lies: Abortion hurts women. I can never have a child again, since my uterus was removed. This was a real human being from the moment of conception, a truth I learned too late, and this has left me with everlasting heart and soul consequences. – *Rebecca*



I was 4 weeks pregnant, and went to Planned Parenthood for advice, because I didn't really want an abortion, since my best friend had had a second trimester abortion at Planned Parenthood, and I watched her sob inconsolably afterward, saying "I saw the (dead) baby." No alternative was given except an appointment for an abortion, to "terminate a pregnancy," saying my fetus was just tissue. On the day itself, I was led downstairs to a holding room like a lamb to a slaughter, and I remember being strapped to the abortion table and my doctor looking into my eyes. I hoped he might ask me if this was what I really wanted to do, but it was over before I got the chance, and 37 years later I am still emotionally paralyzed and overwhelmed with grief over having lost the only child I would ever have. – *Janet, RI*



I had an abortion at the age of 14 in state of California. Was not counseled at all-- begged to not kill my baby was told it was not a baby, it was tissue at 10 weeks along.

Was told I would have no future if did not abort. I was suicidal for years after, did not understand my need to hurt myself after for years. After counseling from Christian pastor came to realize it was from the abortion. I also had suicidal actions with I later identified the date the baby would have been born. I have sense accepting the Lord been able to forgive myself and move on--but it took 20 yrs-of self abuse. – *Linda, Alaska*



I had an abortion at Planned Parenthood. Options counseling? It was a lie. I regret it more than I could ever express. I think about it every day. Please defund Planned Parenthood. – *Jean, Oklahoma*



My experience was with Planned Parenthood in Pennsylvania. I went into the Planned Parenthood three times before making the decision to have my abortion. What scared me and took me so long to make the decision was listening to the many women in the clinic who were talking about not their first abortion but that they were having their third, fourth, fifth, or sixth abortion; this truly shows me that they were not educating women on sexual health...it was all about the money they were making from the abortions. – *Barbara, Pennsylvania*



I was 15. First time having sexual intercourse with an 18 year old boy who loved me. Oblivious to what sex was, as I was a high honor student and a gymnast slated for Nationals. There I was pregnant. Went to TWO clinics who told me I was too far along for an abortion. There was NOT a counselor 100 miles from those clinics in Connecticut or the Bronx as that is where we found ourselves. Not one person counseled my college aged-sister, boyfriend, and I regarding all the options. I was from a middle class family, there was money, and there were options. Not one human being in the Planned Parenthood Clinics helped us. We were scared, that's all. But, you do not kill a 4 month-old fetus, a 4 month-old healthy baby girl who was 100% healthy as shown on the ultrasound-- a child of God. I was told to tell my parents. I did. My parents were 100% distraught. Not one person counseled them either. Same story! I was 20 weeks pregnant and perfectly healthy. My parents were advised to abort at the late term clinic in Boston. We lived just outside of Boston.

I am now 44. I am physically and mentally healthy. But, I have no family or children of my own. My career life is barren but I have a master's plus. HMMM? Had four opportunities to marry and start a family. I was offered a job as an *anchor intern in Washington* my SOPHMORE year at college. I ran from the thought. The abortion killed me, too. That day at Brigham and Women's, just about a month before my 16th birthday, my 4 month pregnancy, my child, Allison, was murdered, I died too, and my parents died. So did my boyfriend and his family who were anti-abortion! They loved us kids. We were not homeless children. We had support and financial resources and two middle class homes.

Yes, I do healing work EVERY DAY!!! I take care of myself but I am "barren." An educated family girl whose life never became "operational," such that Father Brian

Hehir of Harvard said to me one day! I will speak on my behalf in Washington. I can be there in 24 hours! This is an URGENT issue! -- *Kristine*



I had an abortion at the age of 18. I was in an emotional state of shock at the time I entered the clinic. I received NO COUNSELING or EVALUATION of my mental status. Nor was I informed of any alternatives. The "doctor" who performed the procedure did not speak a word to me. – *Jana, Maryland*

I had an abortion in Chicago. I went to a Planned Parenthood office for the pregnancy test. They gave me no information about fetal development; no information about abortion procedures; no information about my options. They asked me if I knew what I wanted to do and I said I was thinking about having an abortion. They gave me a list of clinics to call. The abortion clinic that Planned Parenthood referred me to also gave me no information about fetal development; no information about abortion procedures; no information about my options. When I went back for a check-up two weeks later I was crying while I was there. Aside from receiving a pelvic exam to determine that "everything was OK" no one there asked me how I was doing emotionally and no one seemed concerned about my tears. – *Lori, AZ*



My child would be 37 today as I was one of the first to obtain a legal abortion at the age of 19 at a Planned Parenthood clinic in New York. Even though I was adamantly pro-choice at that time, I asked nervous questions. The nurse assured me the baby was just a mass of cells. I was nine weeks pregnant and I found out many years later that my child had a heartbeat by then. Even though I never planned to remember that day, I can still vividly remember the waiting room, the gurneys lined up along a dirty hallway and the smell of Pine Sol. I was just as terrified as the other young women lined up all around me as we laid there naked with a sheet over our body, nervously glancing around while waiting for our turn to go into the double doors at the end of the hall. It was easy to see that the cattle-car environment made all of us feel dirty and ashamed. Afterward, I was helped off the bed, handed a brown lunch bag with pain pills and birth-control pills and walked out to meet my fiancé in the waiting room. I was at such a vulnerable age, very much influenced by the mantra that nobody should dictate what I could do with my body. It never occurred to me how much that day would haunt me until it was too late. – *Lauren, Georgia*



I have had two abortions, one in a Planned Parenthood clinic, one in a hospital where I was referred by Planned Parenthood. Neither time did I receive any counseling. The second time, I had an ultrasound at Planned Parenthood and they

were very careful to turn the monitor away from me so that I could not see my baby on the screen. I was told it was just a small mass of tissue at such an early stage of pregnancy. I would have made different decisions if I had been given complete information. – *Donna, Indiana*



I went to a Planned Parenthood in Providence, Rhode Island. I had severe bleeding and clotting within hours of the abortion procedure. There were no follow-up visits to check on my condition or offering of phone numbers or contacts to reach out to nurses or doctors to call with questions regarding the condition of my health. I made a call to Planned Parenthood to ask about my condition and was told bleeding is normal.

I could have died with the huge amount of blood loss, and didn't understand the extremity of how abnormal this actually was at the time. I have had THREE DNC's due to miscarriages (similar to the abortion procedure) and never had the physical outcome similar to the Planned Parenthood abortion procedure. I HAVE EXPERIENCED all of this and am speaking from experience, not opinions. The lack of counseling is an understatement. There was NO COUNSELING - period. I was in college, afraid, and didn't have anyone to look at all of my options because I was petrified. Planned Parenthood is not a woman's advocate. Planned Parenthood is a business that saw a niche market and as an alternative to back-alley abortions. As an immediate fix to truly liberate woman, please demand that Planned Parenthood needs to have at least one ultra-sound machine at each office and it is REQUIRED to perform an ultra-sound PRIOR to terminating the pregnancy. I was not given this opportunity and Planned Parenthood shaded the development of my baby and made me believe there was no life at the time the pregnancy was terminated. They do nothing to acknowledge that there is indeed a beating heart and fingers and toes being formed and all the other organs. In addition, they told me I had to wait a certain number of weeks "before" the abortion could take place (it actually in layman's terms had to grow larger to be sucked out)... I was actually almost 12 weeks pregnant and they in essence tried to tell me it was a much shorter time (only 6 weeks). I had no idea at the time. Planned parenthood has a pregnancy time table much different than any other ob/gyn that cared for my past 6 pregnancies.

Sincerely and from the heart (all at risking my anonymity & reputation to shed light on this subject from a former Planned Parenthood customer), *Lorri, Maine*



I had an abortion at 18 years of age. Not a day goes by that I don't think of my child that should have been. I received no counseling before or after the killing of my baby. I wish the clinics would have shown me what really was happening instead of having the TV tuned to Phil Donahue and a nonchalant attitude. *Wendi, TX*



I had an abortion 13 years ago, though I tried to persuade my boyfriend at the time that this was not the RIGHT choice. I did really want our baby despite the shock of becoming pregnant. It was done at a Planned Parenthood facility. Now that I consider the name, planning a family was not, nor ever will be on their priority list. When calling about scheduling the "procedure," the woman who answered the phone came across quite rudely. I did ask her if a non-harmful option existed, trying to convince myself that there had to be a humane way of taking a life. She basically said no in a very unpleasant tone of voice. You could tell she was as unhappy in dealing with this truth as me. Following the abortion, I threw up the apple juice they offered me in the waiting room. There was no counseling offered, or explanation of what was to take place before or even after the abortion. I was just kindly ushered into the waiting room where I could leave whenever I felt up to it. As I woke up the following morning, I felt a stabbing pain in my stomach that caused me to buckle into fetal position and lie back down. I remained in bed most of the day, and wondered why I was never told about these painful symptoms. – *Patricia, Florida*



I was sixteen when I went to Planned Parenthood. They lied to me. Never confirmed my pregnancy. I was awake during the whole procedure. Saw god awful instruments on the back of the door to where I was at. I even asked about the pregnancy counseling center next door, I was told that they were closed. Asked me if I was being forced. I was visibly shaking, still the abortion was signed off. Never told about my options. Never shown what my baby looked like. You are not offered to see your baby. I was given 6 pills to take before and an IV during. I was uncomfortable with the man doctor touching me, I wasn't told it was going to be a man. I was told to sit still and be quiet. I was too drugged up to say stop before he started. If one was just "tissue," than others were as well...I can't tell you how many abortions I have had, women lying to women, a convenient 'present' that became nothing but an alcoholic blur. I was unable to love my unborn children because I had to believe what they told me, that 'It was nothing but a tissue.' How I hate the women who have destroyed the lives of not only the unborn children but of other women, as well - all in the name of "rights"... The health issues for me are many due to the ugliness and horror, the weight greater each year in the suppression and then realization of what I have done; the violation of who I was created to be. If anything else I will be a greater strain on society due to the medical and psychological neglect over the long haul of denial; many will be seeking because they will not know from where the turmoil comes. I need to be heard because I denied myself a voice. – *Melissa*



Planned Parenthood told me I would feel relief after my abortion. Hardly, I tried to commit suicide and ended up having to stay in the hospital for a week and

counseling for well over 20 years now. The pain and loss never goes away. My child was taken from me, even though my blood pressure measured at shock level. Please make abortion illegal so no one has to suffer the mental anguish I and others have gone through. Abortion does not solve problems, it only creates them. – *Kimberly, MA.*



I wanted to share some of my own experience about abortion. I had an abortion in a Planned Parenthood clinic, at the age of 21. We were counseled as to the procedure and birth control options, but were never counseled about emotional issues relating to the abortion. We were never offered counseling. I was scraped out, set in a recovery room for a little while, then sent home. Now, at 35, I still mourn the loss of that baby. Women are not being told the emotional ramifications of this procedure, and it harms women and babies. – *Emily*



Having had an abortion, I was made to feel like a cow going through a cattle run to the slaughter. Stretcher after stretcher lined up waiting for the end. I'm 58 and my child would have been 39 years old this past month, February. -- *Bonnie, NY*



No counseling at all, except to push abortion. No ultrasound or heart beat monitor. Told it was like scraping your arm...losing a few skin cells. Afterward, it was a mess. Like a battlefield hospital, cots stretched throughout the room, " here are your pills, it's time to leave." No warning of the intense feelings of guilt and shame, the inability to forgive, the propensity to drink or behave in a high risk manner, the emotions over seeing babies in commercials or in strollers or pregnant women. No warning. No post counseling. And yes. It was a Planned Parenthood. *Kristyn, Colorado.*



I had an abortion. It was a method of birth control after the birth control pills that Planned Parenthood gave me failed. Having an abortion was the worst mistake of my life. Please don't spend any more federal money on Planned Parenthood. It is not the government's job to fund reproductive health services. It is my responsibility to take care of myself and deal with the consequences of my behavior and choices. It's called accountability and it's time that the government held people to it. *Jane, Wisconsin*



My abortion tale of horror: My wife and I went to an abortion clinic in Tennessee. I remember saying to the doctor, "I hope this is the right thing to do." He answered, "This is better than a lifetime of disorder." HE WAS WRONG. Hardly a day goes by that I am not filled with the remorse of ending my own child's life. I have a few regrets, but this is the single greatest regret of my life. What could be more heinous than having your own child killed? Believe me, abortion ASSURES a "lifetime of disorder". I wonder how many other lives have been "gutted" by the lies of these doctors and their life stopping clinics.

Because of our National participation in this horrible sin, I believe we as a people are now in peril of the same Living God who originally blessed us. Think about this: There are a lot of people with problems in this country, but we don't KILL them!
Mark, Arkansas



I was 40.5 weeks pregnant when I had my abortion at Planned Parenthood in Los Angeles. I did not receive any counseling and it was a horrific experience that traumatized my life for years after. I did not succeed in saving my daughter after the abortionist administered the lethal drug and had to bury her at Green Acres Cemetery in Bloomington California. *Irene, California*



I had an abortion. It was performed by my doctor at a Planned Parenthood facility. I had been told that at 6 weeks, the pregnancy was just tissue; but it turned out that it was a boy. When I became pregnant again 5 years later, I almost lost that child due to complications from the abortion. Planned Parenthood hurts women. It hurt me. Please do everything you can to put it out of business.
Patricia, California



I had an abortion at Planned Parenthood in Missouri. I was told it was a quick, easy procedure and when it was all over my life would return to normal. Normal was far from the truth. I experienced regret and guilt immediately and later shame, anger, depression and loss. After learning from an ultrasound two years later upon my second pregnancy that my 9 week old baby was fully developed in my womb, I had reoccurring nightmares and flashbacks of the abortion. Planned Parenthood told me it was a blob of tissue. I should have been given truthful information about fetal development, given and shown the ultrasound, and accurate information about the after affects of abortion. I have lived with the pain and loss for over 30 yrs. *Lori, MO*



I had three abortions, 2 at Planned Parenthood. I was told the babies in my womb were pieces of flesh and I was in my second trimester. I was given an abortion after I was counseled by an individual who asked me questions that would encourage abortion, like, "Do you want to bring a child into a new relationship?" I was not counseled on the trauma and regret I would experience because of my abortions. I had much deeper problems, and their only concern was my getting an abortion.
L., AZ



I had an abortion and went to a clinic for "counseling." No one told me that there were people all over the country who would have taken me in during this time of crisis. I was told that this wasn't a baby-just "a formless glob of tissue." Once I found out the truth, it has been a 30 year nightmare to try to overcome the intense grief, sorrow and guilt. *Kathryn, Ohio*



I would like to let you know how the sounds of the vacuum haunt me in the quiet of the night. My Planned Parenthood experience was horrible as I was lied to in my so-called counseling session by being told my baby was a blob of cells. The pain and bleeding went on for 3 weeks and I could not return to my "normal life" of college and work during that time. *Linda, MO*



I had an abortion and as I was laying there I felt the doctor sucking out my baby piece by piece. This was a BABY - NOT A FETUS, as we are led to believe. The pain and suffering for years afterward were just awful and sometimes unbearable to deal with. Let's stop abortion and give these innocent little babies a chance at life. Thank you. *Deb*



I speak as the father. I went with my girlfriend to a clinic, in downtown Chicago, payed, if I remember correctly \$350, and we were told nothing accept sign and pay. My girl friend and I had a child later and I stood to my position no more abortions, no matter what might come. Hell came as she dated another man through that pregnancy and left pregnant with his child a few years later. It was extremely painful for me as I fell against the car upon leaving the clinic and it 13 years to come to any peace what-so-ever. *Jim*



It has now been 34 years since my abortion. At that time I was seen by two doctors, neither of whom counseled me on adverse effects from the abortion, nor was I given

any alternatives to consider. I have lived a lifetime of regret, and the cervical cancer I contracted is considered by medical authorities to be linked to the abortion I had.
Suzanne, Czech Republic

As soon as I left Planned Parenthood I immediately had the worst stomach pains of my life. Four days later, I went to the emergency room because of how much I was bleeding and clotting. It turns out I had an infection. They did an ultrasound and more than 3/4 of the baby was still inside of me. I had a full uterus. The doctor informed me that if I didn't go the very next morning to have another procedure to have it removed, I could die. Planned Parenthood was supposed to remove the baby, and instead they killed the baby, left the dead body inside me, and sent me home. - Jules, CA

<http://www.silentnomoreawareness.org/testimonies/testimony.aspx?ID=3388>

When I got to my appointment they gave my paperwork to fill out. As I began filling it out I noticed that some of the questions were very strange. One asked if anyone was aware of the decision I was making. I went up to the front desk and asked what they thought this appointment was for. The lady at the desk had a strange look on her face. I instantly knew that the appointment was for an abortion not the consultation I had wanted! I couldn't believe it! I was disgusted. Since Planned Parenthood was an hour and a half away from my home I asked if I could at least get an ultrasound to see how far along I was. They refused and said the only way they would give me an ultrasound was if I was getting an abortion. - Audrey, WI

<http://www.silentnomoreawareness.org/testimonies/testimony.aspx?ID=3324>

Planned Parenthood staff told me abortion was legal and without examining me, told me I had a tubal pregnancy and I could die. She told me I should make the abortion appointment quickly. When I was on the table and the doctor started the procedure, I cried and told him it hurt and to stop, that I didn't want to do this. He spoke the only words he ever said to me: "You should have thought of that before". - Laura, WI

<http://www.silentnomoreawareness.org/testimonies/testimony.aspx?ID=3307>

I was an in-your-face, pro-choice, abortion-must-be-legal feminist. I marched on Washington for pro-choice, and I went to work at Planned Parenthood, the biggest abortion clinic in New England, where I took part in thousands of abortions. I told women that their baby was a clump of tissue. I never asked them if they wanted any other choice, if they wanted to be a parent, if they wanted to put their baby up for adoption. We took their money. We lied to them. We put them on a table and gave them an abortion without ever telling them the truth about the procedure. We never told them about the pain. We never told them that the baby was ripped apart and we went through all those pieces of baby after the abortion. We used to call them POCs, product of conception. We called them pieces of children, and we made jokes about

it. - Catherine, MA

<http://www.silentnomoreawareness.org/testimonies/testimony.aspx?ID=3283>

I walked out of Planned Parenthood and I never went back. What happened after three abortions...it was hard. After three abortions and suffering from all these symptoms, and then helping parents kill their children, lying to them and saying it's a sack of tissue, and two days later, throwing their babies away in the garbage, can you imagine my soul and my heart? - Patricia, CA

<http://www.silentnomoreawareness.org/testimonies/testimony.aspx?ID=3281>

I tried to leave [Planned Parenthood]. They would not let me. I felt threatened...the nurse said I could not leave. I tried to have my husband come in. They would not allow it. I realized at that point I was not in a true medical facility, because you are free to leave and your husband can be at your side in a medical facility...I asked about follow-up. The doctor's response was an incredibly familiar smack to my right buttock and a "See ya next time, baby." - Rose, NJ

<http://www.silentnomoreawareness.org/testimonies/testimony.aspx?ID=3144>

We went to Planned Parenthood. They treated me like I was nobody. - Theresa, TX

<http://www.silentnomoreawareness.org/testimonies/testimony.aspx?ID=3118>

When I went to Planned Parenthood, I was humiliated, pushed around, treated roughly, and infected with chlamydia from unsterilized equipment. Pro-life literature was grabbed out of my hand before I could read it. I was lied to and treated like an animal. - Cheryl, CA

<http://www.silentnomoreawareness.org/testimonies/testimony.aspx?ID=3040>

They called me back for pre-abortion "counseling." They basically asked if this was my decision and if I had any questions. They said nothing about what was going to happen, nothing about the baby that was growing, nothing informative at all...[during the procedure] I told the nurse that I was feeling sick and she got me something to throw up in. The pain was really awful. (No one said that this would be painful. In fact, I had been reassured several times that I would barely feel anything,) I threw up a couple of times and during that time the procedure continued. There were no pauses, no "Are you doing OK?" When it was over, the doctor took his gloves and gown off, threw them away and left. No one asked how I was doing and there were no post procedure instructions. There was nothing. - Erin, AZ

<http://www.silentnomoreawareness.org/testimonies/testimony.aspx?ID=3039>

I was awake and alert through the whole thing. I remember the pain like a knife in my stomach and the sounds of the machine, and I remember the doctor yelling at me not to move. The medical assistant came running in after they took the bottle holding the contents of my baby out of the room. I asked what happened and she said that the bottle had broken. She didn't know what to do because she couldn't piece the

baby back together...Two weeks later I found out I had an infection in my tubes. The gynecologist told me I could lose the ability to have babies because the infection was so severe. He even asked me who messed me up like this.” - Debbie, IN

<http://www.silentnomoreawareness.org/testimonies/testimony.aspx?ID=2962>

We laid on hospital type gurneys lined up against a wall, no one made eye contact, some were weeping while others remained silent and dazed as though they were disconnected. During this time no staff member ever came to ask how we were doing or offer any comfort. The only contact made was when it was time to send us home. - Andie, VA

<http://www.silentnomoreawareness.org/testimonies/testimony.aspx?ID=2925>

When it was “all done” I went to my car, no escorts to help me out, past the “recovery room,” no questions if I’m okay, just completely ignored. - Amanda, NM

<http://www.silentnomoreawareness.org/testimonies/testimony.aspx?ID=2860>

I was let into a very cold, small room and told to undress and put on the paper gown they supplied me with. After a few minutes the “doctor” came in, sits at a chair at my feet and just starts. He did not say one word to me. The nurse that was there grabbed my arms and started holding me down. All of a sudden, I felt a hot, searing pain...He said to me, “Stay still! It doesn’t hurt! It’s all in your head! Let me FINISH!”...I know I was crying. The “doctor” just rolled his eyes at me afterward and said it was finished. I got dressed and was just numb as I walked out the door. No after procedure instructions were given. No follow up appointments made. They got their money and now would have nothing else to do with their patient.

After getting back home, I was cramping very bad and it was the worst period I have ever had. A few weeks later when my cycle did not come around again, I went to a clinic doctor and he informed me that I was STILL PREGNANT! - Jenn, OR

<http://www.silentnomoreawareness.org/testimonies/testimony.aspx?ID=2835>

My mother made the decision that day for my abortion...They made abortion out to be a solution to our problem and she believed them. I was terrified while in the office of Planned Parenthood and with a frantic plea to not make me go through with the abortion it fell upon deaf ears and hardened hearts, they removed me to a room and proceeded to force the abortion on me. No one protected me that day or listened to my cries! - Patricia, AZ

<http://www.silentnomoreawareness.org/testimonies/testimony.aspx?ID=2755>

It wasn’t until I was lying on that table while a doctor turned on the suction machine that my emotional force-field broke down and I realized the enormous gravity of what I was doing. I will never forget it. I started sobbing and all the doctor could say was “this isn’t that painful, quit crying”. - Teresa, CA

<http://www.silentnomoreawareness.org/testimonies/testimony.aspx?ID=2752>

They never showed us (me) what the procedure was. Ultimately, I found myself on the table in a small room with a nurse and the "doctor." I was told there would be some cramping but not much. Oh really? It was extremely painful. I felt like my insides were being sucked out of me. At one point, I tried to hold the nurse's hand and she literally backed away from me. - Melissa, ID

<http://www.silentnomoreawareness.org/testimonies/testimony.aspx?ID=2711>

But as I began to sit, immediately I broke into tears. I sprang off the chair and shouted repeatedly: "I will not do this! I have to leave! I want to go! I can't stay here!" But [the nurse] stepped in front of me, barring my escape. Clutching both my arms, she forced me back into the chair. I begged and pleaded like I knew what was going to happen next: "Please don't do this to me! Please don't do this to me!" But she pulled a needle out of her pocket and penetrated my arm. I vaguely remember feeling someone lifting me from under both arms and someone else carrying me lifting both my legs. I later awoke to the nurse's stares. Seeing my eyes open, she yelled for me to wake up and pounded her fists on my chest to keep me conscious. Groggy and unfocused, I felt someone lifting me from the chair. I tried my best to walk, but stumbled back to my waiting boyfriend. - Toni, TX

<http://www.silentnomoreawareness.org/testimonies/testimony.aspx?ID=2686>

I remember the doctor inserting the needle and my leg jumped and hit a tray of instruments near the bottom of the table I laid on. It sent all their instruments flying. The doctor cursed me and told me not to move again or I could cause problems with my uterus. I told him that I didn't want to be here or have the abortion done! He told me that my parents brought me here for this to be done and so this is what they were going to do. - Sandy, WI

<http://www.silentnomoreawareness.org/testimonies/testimony.aspx?ID=2628>

The whole process was awful - knowing my child was dying inside me. I was in terrible pain; the baby would not come out. Finally the Dr. took some sort of instrument and pulled the baby out. He shouted "Another success." I saw him take the remains of my baby to a bucket to check for all the pieces. I lost my mind right then and there and asked "if" I could take it home with me. He said no and put the remains in the trash. - Amy, MA

<http://www.silentnomoreawareness.org/testimonies/testimony.aspx?ID=2624>

I remember the room, the cold table, the nurse who pushed me down and told me I couldn't leave when I said that I had changed my mind. I remember the cramping and the pain and the machine and the noise it made as it vacuumed my child from me into a cup that filled with blood and clumps of what had been my baby. The doctor dumped the cup out in front of my eyes and attempted to piece together the remains. He asked how pregnant I was and yelled at me when I said "six weeks". He had trouble piecing the parts together and said it would be my fault if I developed an infection from tissue left in me as it was too early to insure complete evacuation. The sights and sounds of that day were forever etched in my memory

and what was to be a quick and easy fix was neither. - Nancy, VA

<http://www.silentnomoreawareness.org/testimonies/testimony.aspx?ID=2446>

At my follow-up appointment I told Planned Parenthood that I was still cramping and had some bleeding. They did an ultrasound. It showed remaining tissue left. I thought, "Surely they will do a D and C to make sure I do not become ill from this. They can't just leave bits and pieces in there!" The nurse practitioner gave me two more abortion pills to take at home to expel the remaining tissue. I kept the pills and never took them. I was terrified. I left without scheduling a follow-up appointment. They never gave one to me. - Melanie, TN

<http://www.silentnomoreawareness.org/testimonies/testimony.aspx?ID=2434>

No conversation, no explanation of what was going to happen to me, not a word. When I woke up, I was trying to get the attention of the nurses that were about four feet away from me that were clearly ignoring me. So I got up myself and got dressed, I remember feeling so groggy. I was instructed to go out this one particular door. It led me to the side of the building and outside. - Mildred, FL

<http://www.silentnomoreawareness.org/testimonies/testimony.aspx?ID=2389>

After a sedative and being strapped to the exam table I said, "I can't do this, let me up." After that, I was forcefully held down by two people and given another sedative this time and injection in the vein in my hand. I put my legs together and heard the doctor tell his assistant to do something about that they held my legs apart and I begged and called for my boyfriend. Today, I know that he never heard my screams. The doctor started the procedure and I felt pain and could hear the suction noise. I felt sick and could feel the hot tears flowing down my face. I just wanted to die. - Kim, MS

<http://www.silentnomoreawareness.org/testimonies/testimony.aspx?ID=2219>

The people at Planned Parenthood were cold and efficient with no compassion or mercy for me. They told me that it wouldn't hurt and that I wouldn't feel pain. What they didn't tell me is that I would feel the most horrible emotional pain imaginable. I killed my child and I was supposed to feel fine. - Michelle, CA

<http://www.silentnomoreawareness.org/testimonies/testimony.aspx?ID=2189>

I felt violated and alone. The nurse gave me antibiotics and paperwork and sent me on my way...A couple of weeks after my abortion, I developed an intestinal infection from the procedure and excessive antibiotics. I lost 30 pounds in three months from depression and infection. - Brenda, AZ

<http://www.silentnomoreawareness.org/testimonies/testimony.aspx?ID=2110>

As I lay on the table, I remember thinking that everything will be OK real soon and no one will ever know. Suddenly I was awakened by a nurse who told me, "You can go now it is all over." I started to sob and must have gotten rather loud. When one of the nurses asked me why I was crying, I screamed I wanted my baby back and to put

it back inside me. She began to laugh and called another nurse over. The other nurse could hear me crying and asking to have my baby put back inside of me. She too began to laugh. Then they called my boyfriend, by name (he had been there before several times with other girls) and told him to drive to the back. They took me to the back door and said that they did not want me going out the front and upsetting the other clients. - Carol, AZ

<http://www.silentnomoreawareness.org/testimonies/testimony.aspx?ID=2106>

The abortion experience itself was dehumanizing. Nobody spoke much to me. I never even saw the face of the doctor. What I did see was the collection jar into which the "contents of my uterus," were forcefully vacuumed. There was a lot of blood. - Kelly, PA

<http://www.silentnomoreawareness.org/testimonies/testimony.aspx?ID=2019>

I felt like a non-person as the staff hurriedly processed me and no one ever inquired as to how I was doing. As soon as I was coherent, they gave me verbal instructions and sent me on my way. - Patricia, CT

<http://www.silentnomoreawareness.org/testimonies/testimony.aspx?ID=1736>

We walked back into the room together, and the doctor came in and performed a vaginal ultrasound. I could see the little baby. She dated me at 5 weeks, two days. But she said there was no heartbeat, and it wasn't viable. She said it was probably a molar pregnancy. My boyfriend let out the biggest sigh of relief and started to laugh and leaned over to hug me as I lay on the table. My heart broke. I knew it wasn't true. At five weeks, sometimes you can't see the heartbeat yet. There was no molar pregnancy on that screen. The doctor lied to me to make me feel more comfortable, and to make me go through with it. I couldn't make up my mind. I asked for some time to think. The doctor and my boyfriend looked at me and both kept assuring me, "It's not going to live anyway!" "It's a molar pregnancy!" "There is no heartbeat." "Just take the medication."

So I did. That night, I had terrible cramping, and I lost my baby into the toilet bowl. I flushed my child down the toilet. I immediately regretted everything. My boyfriend tried to comfort me, but I didn't want to even look at him. I hated him. I broke up with him a few weeks later. I had been lied to, pressured, and abandoned. -- Elizabeth, OR

<http://www.silentnomoreawareness.org/testimonies/testimony.aspx?ID=3391>