

A Painful Decision, Without Regrets

Category: Abortion: Then and Now
written by Anonymous | July 3, 2022

Twenty years ago, I became pregnant after having a condom break during sex with my then-boyfriend. This, despite also taking the morning-after pill. I learned about the unwanted pregnancy two weeks after graduating from college and three months before I was scheduled to leave the country for work as a Peace Corps Volunteer.

I was raised in a strict Catholic family where sexuality was bad and abortion was murder. At that point in my life, I couldn't imagine living without my family. As I saw it, I had two choices: abortion (kept as a lifelong secret) or suicide. Although not an easy process to navigate alone, I chose the abortion.

I have no doubt that I would have resorted to any and all desperate measures to end that pregnancy including ending my life. This will be the unfortunate truth for many post-Roe women.

I am now the mother of three beautiful children and also a physician. Although the abortion has left me to reckon with years of grief, guilt and shame, I am infinitely grateful that it was safe and legal. I grieve the circumstances of my abortion, but I have never regretted making this choice.

Anonymous