



**“The shame and regret of having the abortion started right away.”**

**Jaime**  
**Phone Consultant, Florida**

My name is Jaime and I am here to offer hope for those who are hurting in silence. In 2007, I found myself in an unplanned pregnancy. My life was spiraling downhill. I tried everything to numb the insanity in my life. I was Baker-Acted (involuntarily committed to a mental health treatment facility) for 72 hours, and found out I was 8 weeks pregnant. I was 14 weeks along when my boyfriend and I started calling abortion clinics. I had a sonogram and found I was having a boy. When I arrived at the clinic my heart was breaking, I cried the entire time. My mind said “Get Up,” but my body wouldn’t allow me. The pain of that day lives with me forever. The shame and regret of having the abortion started right away. When I was a junior in High School, we had to watch a video of an abortion taking place. I remember telling myself I would never end up in an unplanned pregnancy, let alone on an abortion table. As I was having my abortion, I knew exactly what I was doing and I knew my son was a baby, a living human being not just a fetus. I drove by a church every single day. God continued to place in my heart that I needed to call the pastor and make an appointment for counseling. I spoke with the pastor, and he told me about “*Forgiven and Set Free*,” a Post Abortion Bible Study. I finished my Bible study with more love for God than I have ever had and asked my Lord Savior into my life during this time. God’s mercy and unfailing love has kept me alive and has given me many chances to be the daughter that he made me to be.

At the age of 32, I was diagnosed with Stage 1 Cervical Cancer. I had to have a hysterectomy. The doctor knew of my abortion. He told me the cancer was a result of the abortion. Abortion clinics rarely, if ever, inform you of all the immediate and future risks of having an abortion.

I know now that I did not make an informed or right choice. If I would have known that my future chances of carrying children would end with that one decision, I would have never gone through with it. I had no idea of the consequences of my decision; emotionally, physically, or spiritually. If you find yourself faced with an unplanned pregnancy, you can make the right choice for yourself and for your future family.

Some of you today, regret choosing abortion as I do. The truth is you are not alone. There is help and healing for all of us. There is forgiveness and restoration for you. You do have a bright future ahead of you with God as your Father.

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Jaime’s birthmother was just 15 years old when she placed her for adoption. At six weeks old Jaime was adopted into a loving family. Jaime enjoys traveling, spending time with friends, and going to the beach. God is using her experiences to help those who are hurting and broken to receive healing through Him.

In September, 2010 she became the Director of Abortion Recovery at Hope Women’s Center. She is very active in her church and is in the process of starting a Celebrate Recovery Group. She also enjoys mentoring at His Caring Place, a Maternity house that helps pregnant young girls get off the streets, sharing hope for a better life for their babies.

Jaime works part-time for the National Helpline for Abortion Recovery. **You can call the National Helpline for Abortion Recovery at 866-482-LIFE.**