This could mean the end of my hopes and dreams.

Your life from now on will be changed, whether you have the baby or have the abortion. But having the child doesn't mean your life is over or that your dreams are lost forever.

Many women make childless couples happy by allowing their babies to be adopted (you can have a lot of say in who raises your baby and how much contact you'll have). Other women get help from friends, parents, or the father to watch the child while they work or go to school. Some women decide to put their education or careers on hold for the first few years of the baby's life. When they return, their maturity and newfound sense of responsibility often make them good students and valuable contributors to the work force.

It's just a blob of tissue.

The unborn child's heart starts beating at three weeks, before many women even realize they're pregnant. Limbs then appear within about a week and the baby's head and face begin to take shape. Brain waves have been measured as early as just six weeks from conception. Quite an amazing first few weeks for such a little person!

Babies begin to grow and develop more rapidly than many people think. It's important to remember, however, that no matter what a child looks like or what his or her stage of development, he or she is a human being simply looking like and doing what all of us did at that age.

It's my body, my choice!

Truthfully, while the child lives and grows inside the mother's body for about 9 months, he or she is a distinct individual with his or her own unique abilities and experiences. The child's blood is often a different blood type and never mixes with the mother's. He or she has his or her own unique genetic identity and has innate abilities and talents the mother may not have.

I can't face my parents.

Initially, telling your parents may be difficult. But keep in mind that these are the baby's grandparents, and this is a role they adapt to quite quickly. There are people who can help mediate between you and your parents if you think this might be a problem. In the end, your parents will probably turn out to be your greatest supporters.

The baby's better off.

This rationalization assumes a child's destiny is determined by his or her economic, familial, or social circumstances. Countless examples of scientists, artists, political leaders and business people coming from poverty or broken homes show neither environment nor biology is destiny. Individual effort has a great deal to do with success, yet many children never get the chance to show what they can do. And quite frankly, someone else should not be deciding whether or not your life is worth living before you've even had a chance to live it.

I can't afford a child or care for one right now.

A lot of people, even couples who have been married for years, find the prospect of raising and caring for a child intimidating. Yet, the baby comes, and somehow the bills get paid, the parental instincts kick in, and the child thrives. Many single mothers find free help and support from local pregnancy care centers. If these scenarios are absolutely unrealistic, however, there are plenty of families, longing to adopt, who have the maturity, love and resources needed to raise the child. Many will even cover a woman's medical expenses.

People will look down on me for being pregnant.

While there may be some who do, a young woman who bravely and positively bears and raises her child will gain a lot of respect and support.
There are already too many mouths to feed.

There are more than enough resources to feed, clothe and shelter everyone and will be for years to come. History has shown shortages to be a function of political unrest and government mismanagement, not of population or environmental conditions. Innovative minds are constantly finding more ways to increase food yields and improve living conditions. As many Western countries now face the danger of declining populations, there is fear not only that innovators will not be born, but that there will be insufficient workers to run businesses or fund government programs.

Abortion involves a basic conflict between the rights of the mother and the child. Something has to give.

What is typically in conflict are not the lives of mother and child, but the mother's assertion of her rights to an education, to a career, to a family, to an independent life against the basic right to life of the innocent child. Yet all these can be achieved without the death of the child.

To continue to demand abortion, then, is not really to assert such rights, but to assert a right to avoid even minimal responsibility and to deny the reality of the living unborn child in order to achieve one's personal goals. No human being has a right to do this at the expense of another's life.

Women are going to have abortions anyway, so at least make them legal and safe.

The risk of death from abortion was greatly reduced in the 1940s and 1950s, before abortion was ever legalized, by the development of antibiotics and modern surgical procedures. Still, over 350 women have died from legal abortion in the U.S. since it was legalized in 1973. The biggest thing legalization has done is to vastly increase the number of abortions and the number of unborn children killed.

Abortion is better than teen motherhood.

However daunting the challenges of motherhood for the unmarried teen, abortion only makes things worse, wounding an entire generation.

The fate of feminism is tied to the "freedom to choose"

Feminism's early founders saw the inherent contradiction involved in asserting the basic human rights of women while denying those same basic rights to their children. Susan B. Anthony called abortion "child murder." Elizabeth Cady Stanton classified it as a form of "infanticide," saying, "When we consider that woman are treated as property, it is degrading to women that we should treat our children as property to be disposed of as we see fit." Alice Paul, the founder of NOW, the National Organization of Women, said "abortion is the ultimate exploitation of women."

The right to life movement consistently maintains that basic human rights do not depend on extrinsic factors such as race, age, wealth, intelligence, physical health or strength, or gender, but only on one's membership in the human race.

Abortion is a religious matter between a woman and her God.

While abortion is a serious matter that cannot help but involve a person's most profound beliefs and commitments, one need not be religious to see that society as a whole has something at stake when one human being claims the right to kill another or to decide who is worthy of life.

You can read the stories of women who talk about their abortion decisions at standupgirl.com. If you or anyone you know is facing an unplanned pregnancy, call 1 (800) 395-HELP or visit the website optionline.org to find help in your area.