

Introducción

In this story from my past I will tell you about the pregnancy loss I experienced without knowing I had been pregnant.

Mi pasado

In 2021, I met my ex-boyfriend, but we lived in different places, and he traveled to see me where I lived.

On Monday, April 14th, he came to see me and also to say goodbye since he was leaving for the United States.

April 18th was the last time he and I had physical contact, and that same day he left.

On August 5th, 2022, he and I broke up.

By July 2022 I had my period twice in the month, of those two times the last one was heavy and with too much pain. At that time I didn't know what was happening, I thought it was something normal until after 3 months I went to a gynecologist and I asked her about some annoying pains in my stomach. The gynecologist examined me and told me that I had had a spontaneous abortion, that I was pregnant. For me it was something very sad, confusing, also a shock, it was something that I never imagined would happen to me.

After that news, I called my ex-boyfriend and told him what had happened. He started blaming me for what had happened. He told me it was my fault for not realizing I was pregnant. I even blamed myself, because he always told me it was my fault.

Conclusión

In conclusion, we must take care of ourselves, our sexuality, and above all, not blame or torment ourselves for the surprises life gives us, for those things that leave us in shock. It's no one's fault when they happen.