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**NARRATIVE APPROACH TO METAPHOR:
A CASE OF ABORTION STORIES**

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INTRODUCTION

The relevance of the research. Nowadays language plays an important role in our everyday life communication, thus information that we present must be coherent, i.e. using vocabulary which is appropriate for the described situation and is easily recognized by the addressee. In that context, metaphors have a significant effect on how the information can be perceived. It has been acknowledged that the analysis of linguistic metaphor can disclose a set of cognitive patterns, by which people think and act (Charteris-Black, 2004; Lakoff, 2004). The study of metaphor dates back to the ancient rhetoricians, who at that time distinguished different types of metaphor and proposed different approaches to how metaphor can be defined.

Traditionally, metaphor is defined as a rhetorical tool and as a part of figurative language alongside simile, metonymy and other poetic figures. However, since the 1980s when Lakoff and Johnson published their book 'Metaphors We Live By' (1980) the concept of metaphor has been redefined within the Theory of Conceptual Metaphor. Many scholars from around the world were stimulated by the idea that metaphor could be viewed as a conceptual system, by which people construe experiences (Kövecses, 2002). Moreover, emotions and metaphors are closely interrelated, due to the fact that the emotional language is highly saturated with metaphorical expressions. Generally, emotions are communicated by using more specific and physical experience-related language to describe more abstract feelings and emotional states. This study will focus on the metaphorical representation of emotional state and feelings described in abortion blog stories.

Research problem. In this world abortion is still stigmatised, as many people perceive abortion as an offence against God and condemn the women who had, talked thought about it. Due to religious or other kind of faith (Maschi, Pew Research Center, 2016), abortion has been viewed as a sin for many years, but the legalisation of abortion all across the world has made it less stigmatizing. One of the key problems is that women who undergo abortion must excuse and justify themselves as if they are being judged for their choice. According to the therapist Trudy Johnson (2018), many women feel that after abortion they must keep it a secret, so no one would know what they did. This is also known as the Post-Abortion stress syndrome that can cause depression, anger and many other psychological and social problems. The majority of women who try to cope with the post traumatic period can express the emotions by writing different online blogs. Expressing their emotions in writing can be one of the ways to mitigate their pain. Thus, the deconstruction of their language can help understand why certain viewpoints are created, and how abortion is explained and represented by the women themselves.

Research subject. In order to understand women' emotional state and feelings as well as their own attitude to the experience of abortion, metaphor is analysed via the structure of the narrative arc in the context of online abortion stories.

Research aim. The current study aims to analyse metaphor patterns and classify them according to categories of the narrative arc in the context of online abortion stories. This will be achieved by setting the following objectives as provided below:

- 1) to overview the theoretical framework of the literature related to the Critical Discourse Analysis, Critical Metaphor Analysis, the theory of the Narrative Arc and Media Discourse;
- 2) to identify metaphorical expressions in the collected data samples;
- 3) to deconstruct the metaphorical expressions into conceptual metaphors and identify the most relevant source domains;
- 4) to classify metaphorical expressions, according to the elements of the narrative arc.

The outline of the paper. This paper is divided into five parts, its starts with the introduction, then theoretical overview is presented, followed by the methodology, empirical analysis and the conclusions. In the list of references are provided all sources from which the linguistic evidence was drawn from. The introduction consists of the research problem and the research relevance, as well as, the subject, the aim and the objectives are determined. In the theoretical overview, firstly, the theory of discourse analysis is discussed, secondly, the definitions of metaphor and narrative arc are presented. The third part provides some background information about abortion in public discourse and its legalization. Subsequently, the following sections discuss the use of the specific metaphors that are generally used to depict the post traumatic period after abortion. In the methodology section, the description of the data and methods are provided. The empirical analysis shows the results collected from the selected English blog entries within the elements of the narrative arc. Finally, the results are provided and concluded.

The following chapter will provide the literature review of the main key concepts and theoretical framework upon which the current study is based on.

I. THEORETICAL FRAMEWORK AND KEY CONCEPTS

In this part of the paper the theoretical background of Critical Discourse Analysis (hereafter CDA), Critical Metaphor Analysis (hereafter CMA) and Narrative Arc Theory are to be provided, upon which the research guidelines have been established.

1.1.1. Critical Discourse Analysis

Nowadays CDA is viewed as a powerful tool, in many ways this theory overlaps with discourse analysis, but in no means is the same, in fact CDA over the years has become one of the most influential branches of discourse analysis. CDA aims to help reveal some of the hidden values, that are 'out of sight' (Fairclough, 1992) stems from the critical theory of language, in which the use of language is considered as a form of social practice. According to Blommaert and Bulcaen (2000), CDA has emerged as a pragmatic development in the European discourse studies. The main initiators of this analysis are Fairclough (2011), Van Dijk (2000), Wodak (2001) and many others, whose approaches share the idea of the relationship between discourse and social structure. In addition, this approach has been also developed in the philosophical studies, as for example by Pierre Bourdieu, the author of *Language and Symbolic Power* (1991), who claims that discourse may be both socially constructive and a social construct at the same time.

Despite the variety of disciplines, all scholars are concerned with the production, circulation and interpretation of text in which relation of domination may be said to be at stake. (Fairclough and Wodak, 1997). This idea originated from Halliday's perception of language as a "social act" and it has become the core idea for many scholars practicing CDA. While Fowler et al. (1979, p. 185). claim that Critical Linguistics asserts "that there are strong and pervasive connections between linguistic structure and social structure". According to Van Dijk (1993, p.131), CDA and Critical Linguistics "are at most a shared perspective on doing linguistic, semiotic or discourse analysis".

Despite the major similarity of the aim of CDA, every scholar can have a different approach to the application of a specific methodology (Wodak and Mayer, 2008, p. 8). As rightly argued by Fairclough et al. (2011, p. 357), CDA is generally viewed as a "problem-oriented interdisciplinary research movement, subsuming a variety of approaches, each with different theoretical models, research methods and agenda". Moreover, there are recognized three basic properties of CDA, i.e. relational, dialectical and transdisciplinary (Fairclough, 2010, p. 3). One of three properties it focuses on is social relations, that is why CDA is relational, then it analyses the relations between two objects that are different, but at the same time do not exclude one another, and that is the second property, dialectical, and thirdly it is transdisciplinary because the research of those relations crosses limits between disciplines, for example linguistics. (Fairclough, 2010, p. 4)

To conclude, CDA is and can be used as an approach to analyse any kind of topic, discourse modality etc. with the main research purpose to establish biased, judgmental or unjust treatment of people by focusing on the connection between linguistic construal and social order.

In the next section, the Critical Metaphor Analysis will be presented.

1.1.2. Critical Metaphor Analysis

In order to define and analyse metaphor, the context plays a crucial part, without the context it is impossible to examine or deconstruct metaphor. It is thus not practical to understand what metaphors mean, when they are taken out of the context. Metaphors are used to achieve a certain communicative goal; therefore, we need to understand the metaphor used in a specific context. According to Charteris-Black (2004, p. 34), Critical Metaphor Analysis (hereafter CMA) derives from Cognitive Linguistics and CDA and it is aimed to reveal the implied meanings and their possible ideological effects.

In the context of Critical Discourse scholars (Charteris-Black, 2004) defines two distant CMA approaches, the first one concentrates on the agent generating the metaphor (Fairclough 1992, p. 184), i.e. who is the carrier of metaphor, and what intentions the metaphor is carrying. This idea can also be related to another aim of the CMA, which is to demonstrate how different socio-political power structures are reflected in discourse practices (Charteris-Black, 2004, p. 29). By comparison, the second approach relies on Foucault's study of discourse and is called "structure-focused", and it revolves around how metaphor shapes and structures our reality, rather than how it tries to reveal hidden ideas.

Furthermore, Charteris-Black (2004, p. 28) argues that CMA consist of three stages: identification, interpretation and explanation of the metaphor. By determining metaphor in the present text and analysing whether it creates any semantic tension, the primary stage of the identification is done. Secondly, the stage of interpretation is conducted, in which social relations conducted through metaphors are identified. Thirdly, the stage of the explanation of metaphor, determines how the metaphor interacts with the context, in which it is used (Charteris-Black, 2004, p. 29). This three-level approach to metaphor analysis is also provided by Cameron and Low (1999, p. 80), where the samples of linguistic metaphor are firstly picked, then the samples are generalized and finally the results are used to make predictions.

It can be thus summarised that CMA offers new insights into revealing the underlying ideology in various discourses, and the relationship between metaphorical linguistic expressions and patterns of thinking and possible behaviour is established.

The following chapter includes the concept of Narrative Arc, as every story can have emphasis on different characteristics such a rising action and a falling action etc. In this study, metaphor use will be compared within the context of the Narrative arc, which will be discussed in more detail below.

1.1.3. The Elements of the Narrative Arc

The concept of narrative arc in various studies can be defined differently, but mainly its two terms are used interchangeably, i.e. narrative arc or story arc. The major reason why these two terms are interrelated, as both describe the story in a full progression. Both create a story structure that consist of an exposition, where the beginning of the conflict, time, place settings are presented, then the climax follows, where the actions rise, becomes more complicated and creates the highest point of the tension, followed by the resolution, where all the conflicts of the story are resolved. The purpose of the narrative arc is to move the characters or situations from one state to another, in other words, to affect change. Narrative analysis investigates the story itself; it is concerned with the structure, content and function of stories in written and oral communication (Bamberg, 2012). According to Reissman (2008, p. 53), the narrative analysis concentrates on “the case rather the component themes across the cases.”

In addition, the narrative analysis focuses on the ideological narrative means and how these means are used in order to arrive at interpretations of meaningful experiences. Many scholars from different research fields specifically emphasize the relationship between narrative and identity. For instance, Lyotard (1984) and Bruner (1991) claim that there are two different sense-making modes, one is defined as “logico-scientific” mode, and another one is described as a narrative mode of making sense. If, according to Polkinghorne (1988, p. 1), the narrative is raised to a level where “the primary form by which human experience is made meaningful”, then the stories that we tell are such because they reflect the stories that we are (McAdams, 1993; Randall, 1995).

Due to these insights it can be claimed that every story is meaningful to at least one person, ourselves, because through our stories we express how emotionally vulnerable we are. These ideas are highly interrelated with the topic of research, because abortion stories are very private, intimate stories that not all of the women can share. In today's world, abortion is still stigmatised, as women who undergo the procedure are still being judged and by sharing their stories women decrease the stigma around the abortion and express themselves emotionally. This research aims to analyse the metaphoricity of the Narrative Arc of online abortion stories in order to establish the emotional intensity of a woman's story.

The following subsection will provide theoretical background on the theoretical underpinnings of metaphor.

1.2. Metaphor

In this part of the theoretical research, the concept of metaphor within the theoretical framework of Cognitive Linguistics and Conceptual Metaphor Theory will be presented.

1.2.1. Cognitive Linguistics

The history of Cognitive linguistics (hereafter CL) dates back to 1970's when the relations between language and mind have been given much interest from across disciplines. CL is an interdisciplinary branch of linguistic studies with its origins in linguistics, psychology and cognitive science. The main focus of CL is on how language affects our mind and thinking, and how language interacts with cognition. Cognitive linguists have developed their approach to language description on the assumption that meaning is central to language and must become a primary focus of study (Kemmer, 2002, p. 3).

The major principles of CL have been established by its three-founding fathers: Langacker (2006), who developed the theory of cognitive grammar, George Lakoff (1980), who applied the categorisation principles to metaphor, and Leonard Talmy (1988), who studied the conceptual basis of grammar. As a result, CL is known as a flexible framework rather than a single theory of language. This study is only concerned with metaphor, which is viewed as either of cultural-specific or universal character, yet human experiences can be applied to both. The cultural-specific aspects are conditioned by different aspects of social life that create the ground for the conceptualization of the world in specific and cultural character (Urbonaitė and Šeškauskienė, 2007, p. 69).

Another important enterprise of CL is characterized by its two fundamental commitments (Lakoff, 1990, p. 43), as provided below:

1. The **generalization** commitment represents the characterization of general principles that apply to all aspects of human language. Other approaches, in the contrast to CL, often differentiate the language into separate areas, such as sounds, sentence structure and so on.
2. The **cognitive** commitment is used to provide general characterization principles for language that correspond with what is known about the mind and brain from other fields. It is an approach which is fundamentally interdisciplinary in nature.

These two fundamental commitments are related to this study in the sense that women in their online abortion stories both generalize and conceptualize their own perception of reality. How reality

is conceptualized is well-represented by the Theory of Conceptual Metaphor, which is overviewed below.

1.2.2. Conceptual Metaphor Theory

Conceptual Metaphor Theory (hereafter CMT) was pioneered by Lakoff and Johnson (1980) and was first introduced in their book *Metaphors We Live By* (1980). Differently from the classical theory, where metaphor is viewed as a rhetorical tool, conceptual metaphor is regarded as a cognitive tool by which reality is created and deconstructed (Lakoff and Johnson, 1980, p. 243). The traditional assumption between metaphorical and literal meanings is based on the premise that our everyday language is literal, can be conditionally true or false. Nowadays the distinction between metaphorical and literal language use has become less explicit and more context driven.

In that context, conceptual metaphor is defined as a systematic set of correspondences between two domains of experience, i.e. more abstract and more specific. As defined by Lakoff and Johnson (1980, p. 5), conceptual metaphor is “understanding and experiencing one kind of thing in terms of another”. Another important term that is used to define conceptual metaphor is mapping that refers to the relation between two domains that are established via a set of correspondences. These two domains are known as target domain and source domain. According to Kövecses (2010, p. 122), the process of conceptualization is viewed as an entailment of metaphors. Target domain is described as more abstract in terms of conceptualization, while source domain is always more specific. The most specific source domains are known as primary metaphors.

One of the most important findings within the Conceptual Metaphor Theory is that the majority of our everyday language is grounded in primary metaphors that are unconsciously recognized by the most members of a culture. For example, in most cultures love is described as a journey where journey as a source domain is mapped onto the target domain of love. For instance, in the Western culture love relationship between the two people when problematic is described as a “bumpy road” (Kövecses, 2002). In English there are many everyday expressions that are based on the conceptualization of love as a journey, and they are used not just for talking about love but for reasoning about it as well.

As mentioned above, in the Conceptual Metaphor Theory it is believed that metaphor is a regular activity of thinking and its analysis could reflect on people’s values and beliefs (Lakoff & Johnson, 1980; Wray, 2002). Metaphor in CMT is supposed to lend structure to abstract domains such as argumentation and to simplify complex matters such as human mind. According to Lakoff and Johnson (1980, pp. 10-14), metaphors are used to both highlight and hide specific aspects of their construed experience via the three overlapping categories of conceptual metaphor use:

1. **Structural conceptual metaphor** is a metaphorical system in which one complex concept is presented in terms of another concept. The source domain provides a relatively rich knowledge for the target concept. According to Lakoff and Johnson (1980, p. 4), this group of conceptual metaphors has the highest number of examples. One of the most popular examples of this group is the metaphor of ARGUMENT AS WAR. By using this metaphor, argument is viewed as war or as a battle to be won.
2. **Oriental Conceptual Metaphor** is based on the cognitive function of organizing spatial relationships such as up/down, in/out, on/off, or front/back. Researcher Tran Van Co (2007) describes this group of metaphors as a container with inner space and separated from the world outside. One of the examples would be the metaphors of HAPPY IS UP and SAD IS DOWN. These conceptual metaphors are derived from the spatial orientation of human body, thus normally when a person is sad, his/her posture automatically is bent, or leaned down, and when the person is happy the body rises (Lakoff & Johnson, 1980, p. 14).
3. **Ontological Conceptual Metaphor** is a metaphor whereby something concrete is projected onto something abstract. Its use gives ontological status to abstract or vague concepts (i.e. we think and talk of them as if they were things). The ontological metaphor allows us to quantify and to identify with more vague and abstract aspects of our experience. According to Lakoff and Johnson (1980, p. 25), experience in an interactive process with the specific object or substance is the foundation for a wide variety of conceptual metaphors in which events, activities, feelings, ideas are considered as the essence.

Finally, conceptual metaphor is linguistically realized via metaphorical expressions. It is necessary to mention that a number of metaphorical expressions can be related to one conceptual metaphor conveying one idea. The analysis of metaphorical expressions can be challenging in the sense that some of the expressions cannot be easily recognized as metaphorical. As observed by Langacker (2006, p. 108), “metaphorical thinking being unavoidable, we might as well relax and enjoy it”. Simultaneously, metaphorical expressions fulfil many functions, according to Halliday and Hasan (1976), metaphorical expressions contribute to such functions of the text as ideational, interpersonal and textual. Andrew Goatly (1997, p. 149) has classified the distribution of metaphorical expressions, according to Halliday and Hasan’s model (1976) in the following way:

- **Ideational** use, which deals with understanding of the environment.
- **Interpersonal** use, which deals with acting on others in the environment.
- **Textual** use, providing resources to ensure that what is said relates to the context.

In case of the current study, women's use of metaphorical expressions will be defined by the context of their situation as well as the prevalent attitude to abortion stigma in their environment. As metaphor is always analysed in context, the following section will focus on discourse as a social practice.

1.3. Discourse As a Social Practice

Modern media has replaced traditional face-to-face communication. In today's world almost everyone is using media daily, and the number of users is increasing every day; thus, social media has become a necessity in our life. As well as the media, discourse also plays a crucial role in shaping the way people think and communicate. Media and politics are the two main social institutions from which discourse typically emerges, it gives structures and orders to our language and our thoughts, lives, relationships and even society.

Sociologists (Foucault, 1969; Henry and Tator, 2002) frame discourse as a productive force, due to the fact that it shapes our mind, ideas, values, interactions, behaviour and many more interactive activities. Discourse produces knowledge that structures our social order and our lives within it. This idea has been pioneered by Michel Foucault (1969, p. 3), who states that discourse is distinctly material in effect and producing what he called "practices that systematically form the objects of which they speak". Similarly, Henry and Tator (2002, p. 20) describe discourse in the following way:

"The way in which language is used socially to convey broad historical meanings. It is language identified by the social conditions of its use, by who is using it and under what conditions. Language can never be 'neutral' because it bridges our personal and social worlds."

As argued above, language use as a tool connects two different sides of a person. There is a social part that we portray to others, and there is a personal side that only can be seen by us.

Discourse, as defined by Foucault (in Weedon, 1987, p. 108), is the one of the "ways of constituting knowledge, together with the social practices, forms of subjectivity and power relations which inhere in such knowledges and relations between them." Having discussed these definitions of discourse it can be argued that discourse is heterogenous, as it incorporates such components as power, knowledge and society.

Moreover, discourse is closely related to power and knowledge; these three items are the necessary to create power hierarchies within a society. Discourse shapes society in that way that some topics are considered right or truthful, while others, as an abortion, can be stigmatized or see as morally wrong and unacceptable. Discourse is powerful, as it has an ability to provide legitimacy for certain kinds of knowledge as well as to undermine other kinds. The following section will tackle the

topic of media discourse and framing. Framing is used as a perspective from which a certain story is told. Hence, taking in consideration that the aim of this study is to analyse abortion stories, the concepts of media discourse and framing are very important for this research.

1.3.1. Media Discourse and Framing

Media discourse is one of the major varieties of discourse affecting every aspect of our life through such representations as news, publications, videos, podcasts, Facebook posts and many more. As claimed before, discourse is an important representation that shapes one's mind, which is predominantly influenced by the media. The term media discourse could be defined as an interaction that takes place through a written or spoken platform, in which discourse is oriented towards a non-present viewer, listener or reader (Phelan, 2016). There are two main types of media discourse that can be determined: (1) written, which includes all written text, newspapers, magazines, blogs, and (2) spoken, which includes television, radio, podcasts etc. Despite its two representations, the main goal of the media discourse is to transfer a certain intended meaning aimed at the receiver.

Another term that is significant in discourse analysis is framing. News media frame all the news items by emphasizing specific values, facts, and other considerations endowing them with greater applicability for making related judgments. Frames are formed in a variety of ways based on race, attitude, gender, professional norms, ideology, and others. According to Maher (2001, p. 84), "framing has proved to be an elusive concept to measure." Although it can be measured in different ways, framing is generally perceived as a "a central organizing idea or story line that provides meaning to an unfolding strip of events" (Gamson and Modigliani, 1987, p. 143). Media framing can be described as the angle or perspective, from which a story is told it suggests how something is presented to the audience, influences the choices people make about how to process that information. Lakoff (2004) states that frames shape the way we speak, the way we think, and the goals we seek. Thus, frames cannot be easily changed, as the frames are built on key beliefs, values and competences that people have been accustomed to.

Moreover, framing as a story line is closely interrelated with the Narrative Arc. As mentioned above framing is used as a perception to tell the story, while Narrative Arc is a way that the story is presented. Every story has a value and knowing how in today's society abortion is view it can be said that by storytelling we can influence the society. The way women share their stories and the way which they use framing can have positive impact.

The following subsection will provide some background information about abortion and general public stance to it.

1.4. Abortion in Public Discourse

It is commonly accepted that abortion is a recent phenomenon, but in reality, abortion has a long history dating back to the times of ancient Rome and Greece, where to have an abortion was an acceptable reality (Riddle, 1944). The abortion is also justified in Aristotle's argument that "when couples have children in excess, let abortion be produced before sense and life have begun; what may not be lawfully done in these cases depends on the question of life and sensation" (Aristotle, Politics, book 7, part XVI). From this citation it can be seen that in the ancient times there was held that foetuses at first stages of pregnancy do not have the sensation of life. This gives an idea that in the Ancient Greece and Rome abortion was not stigmatized.

It can be suggested that stigma surrounding abortion today is highly interrelated with religion. Many religions view abortion as a sin, and due to that abortion stigma is a highly debatable topic. It can be stated that abortion stigma is not culturally but religiously bound.

By contrast, today in the Western world there are many anti-abortion movements that are driven by the moral grounds and is argued that the procedure can be dangerous to patients' health. Despite that, by the middle of the 20th century many countries have legalized abortion, but the procedure was mainly conducted in very specific cases. One of the first countries to legalize abortions was England, which proclaimed the Abortion Act of 1967, according to which abortion was legal up to 28 weeks. From this point on, many countries have followed the example of England and also legalized the procedure. Although the Abortion Act gave women the right to abortion, not any woman could have pursued it, as the act had several requirements for the procedure.

Moreover, abortion laws are different across the world. According to the publication of the United Nations on abortion policies (2014), abortion is only allowed in 97% of the countries in order to save a woman's life. In about 50% of the countries abortion is allowed in case of a rape or fatal impairment, whereas just 30% of all the countries allow abortion due to women's request (world abortion policies, 2013). Such situation might explain why abortion is still being stigmatized globally, and even has become an identity problem for many women. A recent example of this is an incident in Alabama that caused a lot of negative outrage, where every possible way of abortion, even in case of a rape, had been banned. As a result, many women have been opposing this law, which is seen as discriminatory to women's identity and control over their own bodies.

Consequently, the topic of abortion and its stigmatization has gained much interest from different scholars. According to Kumar, Hessini and Mitchell (2009, p. 268), abortion stigma is ascribed to women as a negative indication, whose aim is to terminate their pregnancy and due to this act, they mark themselves as inferior to the ideals of womanhood (Kumar, Hessini and Mitchell, 2009, p. 628).

Purcell (2014) also emphasizes that although different discourses have cleared the reasons why women ended their pregnancies, few studies have analysed the language that was used to represent their experience and what kind of emotions came during the post-abortion period.

This study aims to clarify how women describe their post-abortion emotional state, and what kinds of metaphors are used to reinstate their state. As argued above, abortion is a complex cultural phenomenon that can evoke different feelings and emotional states. Metaphors and metaphorical expressions would play a significant role in structuring those experiences, which are generally more abstract and transferred through other more specific domains. As the current study will focus on the collected data from the UK and the U.S., some of the background information about abortion in these two countries is provided.

1.4.1. The background information about abortion in the UK and the U.S.

Comparing different European countries, according to the Statista data collected in 2018 (2019), there are 148 abortions per 1000 live births in Lithuania, while in the UK there are 272 abortions per 1000 live births, which is as twice as higher that in Lithuania. According to the European Union Agency for Fundamental Rights (FRA) (2017), the accessibility of abortion services in 2017, Lithuania is one of the nine countries, where abortion can be carried out without parental consent.

In the UK also, the statistical analysis of 2018 (Department of Health and Social Care, 2019) shows that that total abortion ratio has increased by 4% since 2017 in the UK. Most women carried out an abortion aged 21, while 363 abortions were performed on girls that were under the age of 15, which represents only 0.2% of the total. While about 80% of abortions were carried out on single women, the statistics has remained approximately the same for the past 10 years. Medical abortions are the most popular in the UK, i.e. around 70% of women choose to undergo medical abortion. Since the 2008 the choice for medical abortion has increased by almost 40%.

In the U.S., according to Guttmacher Institute (2019), the number of abortions is decreasing every year. Abortion rate has reached lowest level in the last 10 years. Centers for Disease Control and Prevention (CDC, 2018) in 1969 has launched “Abortion Surveillance” program to conduct the information related to abortion, it monitors the number of women who legally obtain an abortion. According to their data in 2017, 18% of all pregnancies ended in abortion (excluding miscarriages), the abortion rate in that year was 13,5 abortions per 1000 women aged between 15 and 44, and as mentioned above it was the lowest rate since 1973 when abortion was legalized.

To summarize, it can be argued that attitude to abortion has been slowly changing in both the UK and the U.S. Although abortion rates have been decreasing, the stigma that surrounds abortion is still very high, women in many countries are still feeling the need to justify their decision and also

experience post-abortion depression due to the widely spread negative judgment. Thus, abortion blogs have become a virtual space where women can share their personal stories and their deepest emotions.

II. DATA AND METHODOLOGY

The current study was carried out in the theoretical framework of Critical Discourse Analysis, Cognitive Linguistics and Conceptual Metaphor Theory. Its aim is to deconstruct prevalence source domains and their representative metaphorical expressions in the context of online abortion stories. The research data was collected by following a set of characteristics, that will be discussed in the subsection below.

2.1. Data characteristics

In order to achieve the aim of the study the overall data set of 50 blog entries has been collected and analysed in the period from 13th of January, 2020 till 29th of February, 2020. Overall, the data samples total 18,168 tokens, and more detail information about the collected data is provided in **Table 1** below:

Table 1. Data Sources

The source	Total no. of words	No. of blogs	Period of Time (date)	Media source
Mybodymylife.org	10,025	25	From 13 01 2020 Till 05 02 2020	http://mybody-my-life.org/stories/
Prochoiceamerica.org	8,143	25	From 06 02 2020 Till 29 02 2020	https://www.pro-choiceamerica.org/stories/
Total	18,168	50		

As shown in **Table 1** above 2 blog sources have been chosen for collecting the metaphorical expressions: 1 blog form the United Kingdom and 1 blog from the United States, with 25 blog entries from each. The data was collected by following such criteria:

1. **Topicality** (abortion), i.e. all the collected blog entries were related to stories of women who underwent the procedure of abortion.
2. **Chronological sequence**, i.e. with the aim to collect the sufficient number of blog entries, more specifically 25.

3. **Number of words**, the blog entries which had more than 100 words per story were chosen.

In the following subsection methods applied in the current study will be overviewed in more detail.

2.2. Methodology

The collected data was analysed by mainly applying qualitative method of Critical Discourse Analysis, namely, CMA. In addition, raw quantitative calculations were made. **Table 2** summarizes the applied methodology, as provided below:

Table 2. Research Methodology

<i>Method</i>	<i>Description of the procedure</i>
Qualitative	<ol style="list-style-type: none"> 1. Comparing contextual and basic meanings; 2. Coding by source domains, which are CAPITALIZED; 3. Establishing prevalent source domains and their implied meaning, 4. Classifying prevalent source domain, according to the narrative structure (beginning of a story, middle of a story, end of a story)
Quantitative	<ol style="list-style-type: none"> 1. Frequency lists; 2. Overall metaphorical frequency; 3. Metaphorical density.
Comparative	<ol style="list-style-type: none"> 1. Prevalent source domain across the categories of the narrative structure.

As seen from Table 2 above, the qualitative method was implemented by following three major steps. First, basic and contextual meaning were established and compared by applying Metaphor Identification Procedure known as (MIP) by Pragglejaz Group (2007). The second procedural step was about the coding of source domains, by following Lakoff and Johnson's (1980) formula of TARGET DOMAIN IS SOURCE DOMAIN, also known as A is B, where A stands for the source domain and is associated with the contextual meaning, while B stands for the target domain and refers to the basic meaning of the word. Third, the most frequent, systematic source domains were grouped into the semantic categories and were described in terms of their ideological meanings.

In addition, raw calculations were estimated for establishing frequency lists, the overall frequency of metaphorical expressions and their density. Finally, the established metaphorical patterns

were compared across two blog entries. According to this procedure, every token was analysed in terms of its basic and contextual meaning and was marked as metaphorical if two conditions were met: (1) contextual meaning differed from its basic meaning, by being more concrete and physical and historically older (MIP Praguejazz group, 2007, p.3); (2) contextual meaning could be understood in comparison to the basic meaning. In order to establish the difference between basic and metaphorical meanings three dictionaries were used (Oxford Learner's Dictionary Online; Macmillan English Dictionary online; Online Dictionary of Etymology).

The following section summarizes the research findings and provides their analyses and discussion.

III. RESEARCH FINDINGS

The analysis of the collected data has resulted in the overall number of 893 metaphorical expressions: 220 in the UK, and 148 in the USA abortion blogs. The overall research findings are summarized in **Table 3** below, where ME stands for metaphorical expression, MD stands for metaphorical density and MF for raw metaphorical frequency per 1000 words.

Table 3. Research overview

<i>Data source</i>	<i>UK</i>	<i>U.S.</i>	<i>Total</i>
No. of words	10,025	8,143	18,168
ME	220	148	368
MD	1 ME per 45 words	1 ME per 55 words	
MF	22 ME per 1000 words	18 ME per 1000 words	

The research findings have shown that resulted in a few similarities across the two countries. The findings tend to point out that UK women are emotionally more concerned about their experience and are more talkative. Despite the difference in the overall word frequency, the UK blogs are more metaphorically loaded, i.e. with one metaphorical expression per 45 words. In addition, metaphorical expressions were grouped according to the element of the narrative structure: beginning, middle and end, the results present different presumption.

The prevalent metaphor use across the categories of narrative arc is summarized in **Figure 1** below.

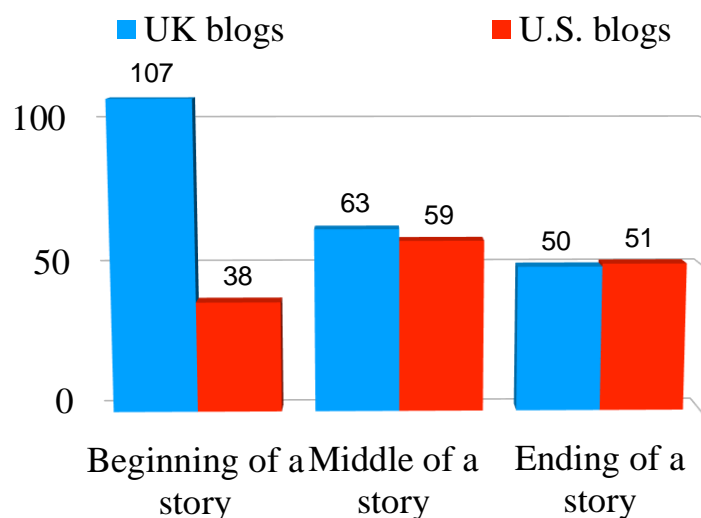


Figure 1. Metaphor and the Narrative Structure

As shown in **Figure 3**, it can be argued that women in the United Kingdom tend to use the highest number of metaphorical expressions in the beginning, while using less in the middle and even less in the end of their story. This could be explained by the fact that women tend to focus more on how they became pregnant in the first place, while some of the women choose to skip the middle of the story and just describe their experience after the procedure. The number of metaphors in the UK blogs is decreasing to the end of the story line.

By comparison, the women in the United States used 59 metaphorical expressions to describe their experience about the procedure, while the women in the UK used just slightly more 63. It also can be stated that the U.S. women tend to use less metaphorical expressions in the beginning than in the middle of their story. The collected data has also shown some similarities between both countries, as both women in the UK and women in the U.S. used the similar numbers of metaphorical expressions in the middle and at the end of the story. Finally, metaphor use across four most frequent source domains was established and is provided in **Table 4** below.

Table 4. Prevalent Metaphor Use

<i>Narrative structure</i>		<i>UK blogs</i>	<i>U.S. blogs</i>	<i>Total</i>
Beginning of a story	ME	107	38	145
	SD	(1) JOURNEY (32) (2) OBJECT (26) (3) MOTION (25) (4) CONTAINER (7)	(1) JOURNEY (13) (2) MOTION (11) (3) OBJECT (7) (4) STRUGGLE (5)	
Middle of a story	ME	63	59	122
	SD	(1) OBJECT (18) (2) JOURNEY (15) (3) MOTION (12) (4) CONTAINER (8)	(1) JOURNEY (28) (2) MOTION (15) (3) OBJECT (8) (4) STRUGGLE (4)	
	ME	50	51	101

End of a story	SD	(1) JOURNEY (23) (2) OBJECT (7) (3) MOTION (6) (4) CONTAINER (3)	(1) JOURNEY (19) (2) STRUGGLE (12) (3) MOTION (8) (4) WAR (7)	
	Total	220	148	368

As indicated in **Table 4** above, a few correlations between the prevalent source domains can be established. First, the source domain of JOURNEY is mostly used in the beginning of women's experience. Second, in the UK blogs there is a tendency that the source domain of JOURNEY is the most frequent in the beginning and the ending of the story. A similar tendency is observed in the U.S., as most metaphorical expressions are used in all three parts of a story. Thirdly, the source domain of MOTION is used similarly across both data sets and across the categories of the Narrative Arc. Fourth, it can be said that there are three main source domains across two data sets JOURNEY, OBJECT, MOTION. The fourth prevalent domain varies across the two data sets, in the UK it is CONTAINER, while in the U.S. it is that of STRUGGLE.

In summary, the statistical data points out to the trend that the perception of abortion by both UK and U.S. bloggers is more similar than different. More specific analysis of the research findings will be discussed in the following two subsections.

3.1. Prevalent Source Domains in the UK Online Abortion Stories

The analysis of the identified metaphorical expressions in the UK blogs has demonstrated that the metaphorical meaning is created within four main source domains: JOURNEY, MOTION, OBJECT and CONTAINER, as provided in Figure 2 below.

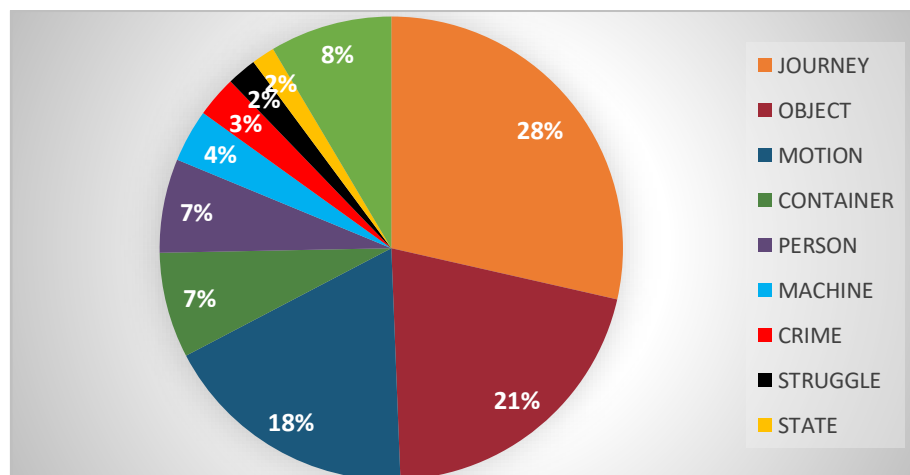


Figure 2. Prevalent Source Domains in the UK blogs

It is thus evident that the concept of JOURNEY and OBJECT are the most recurrent in the analysed data, i.e. 28% of use for the former and 21% for the latter. The following examples of how the source domains are metaphorised by women in the UK abortion blogs are illustrated below.

The Source Domain of JOURNEY

- 1) *I knew right now this was the best decision for me and I was blessed **there was a way**, but would I survive it?*
- 2) *She sat and spoke to me, explained both tablets and what they do, that she'd be giving me a scan and explained how she would, checked my medical information, told me **how far I was** and what treatment was best for me to have.*
- 3) *We had taken the bus to the clinic, but I told my boyfriend that we would be getting the taxi home as the motion sickness was getting worse as the **pregnancy went on** and it would take us over half an hour to get home.*
- 4) *The guy involved was supportive, he too felt an abortion was the right thing to do but happy to go with what I wanted, but **in the end** we didn't need to have that conversation as after much thought I was able **to come to the decision** that I needed an abortion.*
- 5) *I was **at the start** of a relationship (which I'm still in today) but it was not the right time for either of us.*
- 6) *I couldn't bring children (it ended up being a twin pregnancy) in to the world under these circumstances, **starting off** with a broken family straight away, plus being disjointed through parents living in different countries.*
- 7) *I'm in a different place to where I was, **I'm back on my feet now**, emotionally and financially.*
- 8) *I am a person who made a choice with a man I thought I loved, and the truth is **life goes on**.*

As can be seen from the examples that the concept of JOURNEY is expressed through a variety of structural metaphors. The source domain is generally used to describe the process of travelling, reference to which is mostly made in the middle and the end of their story. The basic perception of abortion is illustrated through the idea of purposeful motion towards the right decision (example (1)). This expression shows that there is always an opportunity to choose by this option, and such use creates a more positive attitude towards abortion. Although in the previous example (1) destination

is represented positively, in the example (4) decision is represented as an end point. It implies how difficult this kind of decision-making is, as if a woman must travel to reach that decision and when it is finally reached, it is the end. Another densely used structural metaphor is Pregnancy as a Journey (examples (2) and (3)), in our society it is accepted that women's pregnancy is calculated by weeks, thus it comes as no surprise that women view pregnancy as an on-going journey. The third example of the JOURNEY metaphor is used in reference to interpersonal, whereby relationship is perceived as a starting point (examples (5) and (6)). The analysis has shown that that female bloggers view the state of their relationship with their partner as one of the main reasons to end or carry on with the pregnancy. The last example portrays our everyday life, it is talked about how life itself is journey (examples (7) and (8)), the last examples portray a positive approach towards abortion, as if it is just another event throughout our life.

It can also be stated that there is a more optimistic approach to dealing with such a difficult decision disclosed by the concept of JOURNEY. Additionally, through all of these examples a repetitive pattern can be noticed, when women describe their experiences by using prepositions as 'to', 'through', 'up', etc. By such linguistic patterns it can be stated that women experience abortion as an ongoing action that focuses on reaching a goal of terminating pregnancy or not.

The examples below illustrate the second most used source domain of OBJECT in the UK abortion blogs.

The Source Domain of OBJECT

- 9) *At the hospital, I was **sent** in a waiting room covered in pictures of cute babies when I was waiting for scans.*
- 10) *At the clinic a nurse **took me into** a room and said “don't think of it as an abortion. Think of it as an early miscarriage.”*
- 11) *I was 23 and **shattered** when I saw those two lines appearing on the pregnancy kit.*
- 12) *The **Wednesday came**, I took a friend with because just incase I felt ill travelling home etc.*
- 13) *Despite my GP immediately saying she felt it was the right decision, the process meant inevitable delays and **time was running out** for me to do it with medication rather than surgically.*
- 14) *I saw my world **breaking apart**.*
- 15) *I had absorbed many pills and had attempted **to take my life**.*

16) *I barely ate a thing Because I thought if I **didn't support my body** it wouldn't support another life and I could get out of the problem without anyone else knowing.*

17) *I barely ate a thing Because I thought if I **didn't support my body** it wouldn't **support another life** and I could get out of the problem without anyone else knowing.*

In the examples above the source domain of OBJECT is metaphorically represented. It can also be seen that women objectify their own bodies. In the first example, women are represented as passive observers whose bodies become objects of transfer, examples (9) and (10). In addition, female body is viewed as a breakable object, which also implies women's negative state of mind, example (11), this example clearly portrays pre and post abortion stigma that can cause damage to woman's mind as well as her body.

Another set of examples of the OBJECT metaphor illustrates the time movement. First of all, by this example it can be stated that women view time as an object that comes and goes, as in (12), or time can be viewed as a resource that one could run out of, as in (13). Another highly used structural metaphor is Life Is an Object, as in (14) and (15); this kind of structural metaphors is highly used not only in the discourse of abortion, but as well in many other life events. In these examples, women portray their life as objects that could be broken or taken away from them. Both examples convey a negative meaning of perceiving abortion and its consequences to women's life. The last set of examples points out to the representations of a female body, the Source Domain of OBJECT is represented by the structural metaphor of Body As a Construction. Examples (16) and (17) show us how important it is to uphold our own bodies. This structural metaphor creates a set of epistemic correspondences between two domains: a female body and a construction, if a building or a certain construction does not have strong base it would collapse, the same is with female bodies that need support in order to maintain their both internal and external structure.

To summarize, it can be stated that the concept of OBJECT contributes to creating a more negative meaning, based on objectifying a female body.

The examples below illustrate the third most frequent source domain of MOTION in the UK abortion blogs.

The Source Domain of MOTION

18) *I don't regret my abortion, I never have, but I have regretted **falling** pregnant every...*

19) *I had just split up with my partner of 5 years, 3 weeks later, I **discovered I was 2 months pregnant.***

20) *There, **it turned out that I was pregnant**, it was the most shocking moment in my life ever.*

21) *I **couldn't bring children** (it ended up being a twin pregnancy) **in to the world** under these circumstances, starting off with a broken family straight away, plus being disjointed through parents living in different countries.*

22) *It took a lot of time to get over it, but never once I regretted the decision, it was the best thing for me and now, at 27, I look forward to being **able to bring a baby onto a world** in a loving relationship, financial and emotional stability and give a child the best possible life I can offer.*

As seen in the examples above, the concept of MOTION can be expressed through different structural metaphors. This source domain is generally used to describe the process of downward movement, and women use this concept to describe the beginning of their experience. Women describe their experience by using the verb 'to fall', as in the examples (18). In its basic meaning 'to fall' is used in the description of an action of hitting the ground. Thus, it can also be argued that women view their pregnancies as something that is sudden and painful (such as hitting the ground), it creates a negative approach towards the pregnancy. Examples (19), (20) creates an idea that news of a pregnancy are shocking, in the example (19) the verb 'to discover' was used, as if she something was lost and afterwards discovered. The last set of examples deals with the idea of traveling. The source domain of MOTION is expressed through the motion of coming from one place to another, in this case from the uterus into the world, this can be clearly seen in the examples (21) and (22). These examples create a more positive approach towards the action of giving birth, it can be said that a child can enter this world only through a woman's body, and giving birth is viewed as a passage way to life. Although it creates a positive approach, still women feel as if they have to justify their choice of terminating pregnancy, due to cultural stigmas about abortions.

The examples below illustrate the fourth source domain of CONTAINER identified in the UK abortion blogs.

The Source Domain of CONTAINER

23) *Once I finished work about half 4 (24 hours after the first tablet) I inserted 4 on the tablets one by one **up my vagina as far as they could go**.*

24) *I bled very heavy for about 10 hours **with huge clots coming out** and what I felt at one point being the sac (greyish/ yellow tissue).*

25) *I didn't realize just how wrong I was **to hold such beliefs**, and how toxic it would to myself, to my soul.*

26) *And this **stigma was not in my head**.*

27) *I was **in a non-committed 'on/off' relationship**, I had a good job, but wouldn't get maternity leave or pay and my mum pointed out I would need to move back home to Scotland.*

28) *The next was 'Are you sure you are not making this up **to make me stay in the relation?**' These were the last things I wanted to hear.*

29) *I was barely surviving as mother to two children, let **alone inviting a third into the equation**.*

As seen in the examples above, the concept of CONTAINER is used for expressing not only emotional heaviness but also describing body, relationships, families as a container. Examples (23) and (24) describes women's body as a container in which one can put something or take something out. This source domain implies how emotionally burdening the decision to have an abortion is, examples (25) and (26). Women also describe their mental state through the concept of container to give legitimacy to their decisions. Furthermore, the source domain of CONTAINER was expressed through the idea that Relationship is a Container (examples (27) and (28)). These examples talk about how the relationship between two people is a closed space, which you can enter or leave. The same idea is also with the example (29) where family is viewed as a container. It can be argued that all three examples (27), (28), (29) create the feeling of community from two or even more people. With these examples women also try to justify their choice of abortion. In addition, it can be stated that the use of source domain of CONTAINER is a way of filling a sense of internal emptiness, uncertainty and confusion that a woman feels after the abortion.

To conclude, it can be argued that the analysed UK female bloggers tend to share their experiences by using similar source domains that transmit their emotional heaviness and portray the abortion process as a journey. Even though everyone's journey in this life is different, abortion is portrayed as one of the difficulties we experience along the way. Another popular source domain used between women across the UK is that of OBJECT, this domain was mainly used to objectify a female body as well as to justify women's own decision to have an abortion. Due to this view it comes as no surprise that the source domains of JOURNEY and OBJECT are the most recurrent. Linguistically these metaphors are realized via active verbs and verbal phrases. The source domains of MOTION and OBJECT portray a more negative outlook towards abortion, while the most positive appeal is created by

using the concept of JOURNEY. The fourth prevalent source domain CONTAINER is the most neutral one, it does not show the major tendency to negativity or positivity.

The next section continues with the empirical analysis of the results from the United States abortion blogs.

3.2. Prevalent Source Domain in the U.S. Online Abortion Stories

The analysis of the identified metaphorical expressions in the U.S. blogs has demonstrated that the metaphorical meaning is created with four main source domains: JOURNEY, MOTION, STRUGGLE and OBJECT. The overall frequency of source domains is provided in Figure 3 below.

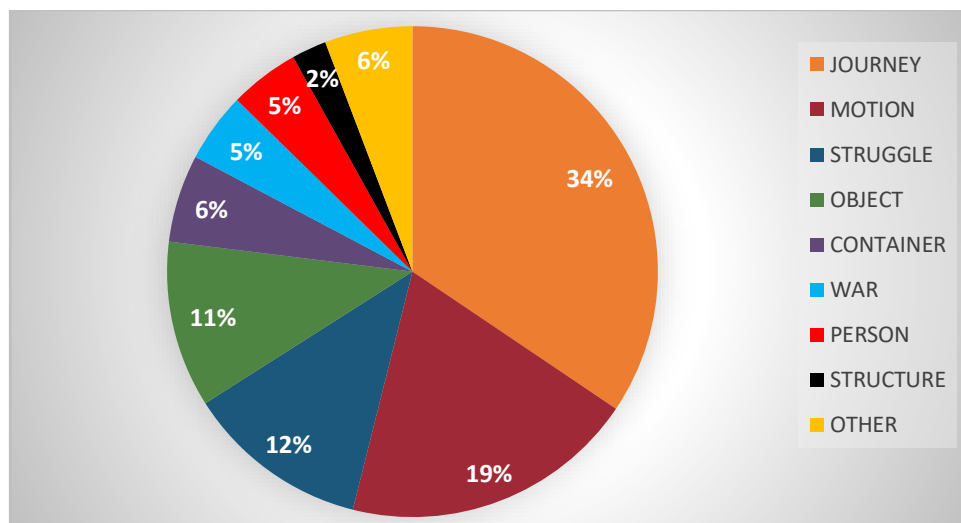


Figure 3. Prevalent Source Domains in the U.S. blogs

As provided in Figure 3 above, the source domain of JOURNEY has metaphorical frequency of 34%. The source domain of MOTION is realized by 19%, of metaphorical expressions. With the similar distribution of STRUGGLE and OBJECT source domains at 12% and 11%.

If compared with the UK blogs, it can be seen that both UK and U.S. women tend to describe their emotional experience via JOURNEY and MOTION source domains. Struggle is more recurrent in the U.S. blogs, while CONTAINER is more common across women in the UK. In both countries part of metaphorical expressions were assigned to the group of OTHER USE, that means there were some source domains who are smaller in quantity and do not constitute the majority of cases, e.g. the source domains of CRIME, PLANT, NATURAL PHENOMENON, RESOURCES, SIZE etc.

The following examples show **four** prevalent source domains used by women in the U.S. abortion blogs along with the structural metaphors that have emerged as a consequence.

The Source Domain of JOURNEY

- 30) *In the waiting room there were women **in various stages** of pregnancy, getting mammograms, pap smears, abortions and any other GYN care needed.*
- 31) *At the clinic, I received a trans-vaginal ultrasound to verify how **far along** I was: 4 weeks.*
- 32) ***Then, it was over** I bled for about 3 weeks and then everything returned to normal.*
- 33) *We were also **going through a low point** in our marriage and were concerned that adding a child to the mix would result in our marriage ending.*
- 34) *We were also going through a low point in our marriage and were concerned that adding a child to the mix would **result in our marriage ending**.*
- 35) *I had not been planning to get pregnant, and **I was in no position** socially or economically to carry a child, much less properly raise a child.*
- 36) *With 2 small girls, ages 2 & 4, and me being a single mother, **there was no way** I could take care of a 3rd child while working full-time with my 2 daughters in day care.*
- 37) *We weighed options and ran numbers **and talked past the point of exhaustion**.*
- 38) *Thankfully, our health care providers were able to **guide us through the process without ant hoops to jump through**, besides having to make sure we scheduled everything on time.*

The source domain of JOURNEY is generally used to describe the process of travelling and reaching a certain goal. Women mainly use this metaphor to portray their pregnancy as an ongoing movement, see examples (30), (31) and (32). In addition, women view their personal relationship as a journey and refer to their relationship negatively by referring to problems within their relationship as an obstacle to having a child, examples (33) and (34). Another reason why women use these expressions is to justify their decision to have an abortion. This is due to the general assumption that a child can be brought only in the full family, which can explain why women choose abortion instead of being single mothers, e.g. (35) and (36). The last set of source domain of JOURNEY deals with the process of decision making, i.e. women describe it as a hard decision that involves a lot of thinking and help from the surroundings, it can be seen from the examples (37) and (38). Overall, all the examples provided in the source domain of JOURNEY create a more negative approach towards the process of pregnancy.

The analysis of the collected examples also points out to some differences and similarities. Firstly, it should be mentioned that there is a noticeable difference in the frequency of uses, i.e. there

were found 220 instances in the UK, while in the U.S. there were determined 148 instances. Despite the difference, similarities can be noted with the source domain of JOURNEY, which is the most prevalent in the UK data (i.e. 70 instances) as well as in the U.S. blogs (i.e. 60 instances). It should also be mentioned that the difference is very insignificant. In addition, the way these metaphors are structured: LIFE IS A JOURNEY and PREGNANCY AS A JOURNEY are also recurrent across the two data sets, while there are slight differences while talking about relationships.

The Source Domain of MOTION

39) *In my early twenties, I found myself pregnant.*

40) *To my shock I found myself pregnant by a married man who had told me he was single.*

41) *I felt like I was falling through the earth.*

42) *My own risk would increase sevenfold if I continued to carry her.*

43) *The doctors told my daughter that she would never carry the pregnancy to an age of fetal viability.*

44) *If I tried to carry a pregnancy with Lyme disease, there was a terrible possibility that the child would be infected in utero.*

45) *Whether openly or in secret, we will always seek access to comprehensive reproductive health care.*

46) *Like many families placed in these situations, particularly women who seek abortions after 20 weeks, my husband and I loved our first son and wanted him dearly.*

After examining the metaphorical expressions related to the source domain of MOTION it can be said that this source domain can be expressed in different contexts. Firstly, the examples (39) and (40) refer to the news of getting pregnant, which seems to shocking and unexpected. By the use of verbs that women use, it can be determined whether the pregnancy was planned or not, as in (39) and (40). Secondly, in the example (41) women use the metaphorical expression of ‘falling through earth’, which points out to the sensation of not having a solid ground under one’s feet. This also portrays an emotionally difficult reality women are facing every day. In the examples (42), (43) and (44), it can be seen how women talk about the journey of giving birth. These examples portray a clear image of how women are justifying their choice to terminate pregnancy. The last structural metaphor deals with health care, which is viewed as an aspiration for a better health care system, where (example (45) and (46)) the verb ‘to seek’ is used to express women’s needs.

Comparing the two countries some differences and similarities can be noted. In the begging it should be mentioned that in both countries the source domain of MOTION was the second most prevalent, i.e. in the UK the total of 44 instances were found regarding this source domain, while in the U.S. the number is smaller by 10 instances, i.e. 34 instances. Additionally, it can be said that more structural metaphors emerged from the examples in the United States than the United Kingdom, as provided below.

The Source Domain of STRUGGLE

- 47) *And this week, Republicans in the House of Representatives **threaten to take us back to these dark, terrifying days.***
- 48) *As a woman with a personal experience I wouldn't wish on anyone, I feel that it is beyond shameful that the GOP-led Congress is spending its time on an abortion ban that **I know will put women in danger.***
- 49) *Beyond putting women in harm's way, these abortion bans attack our independence **by gradually taking away our ability to make decisions** about our own lives, bodies, and futures.*
- 50) *I myself **have struggled with anxiety and depression** since before I knew what those words meant.*
- 51) *I had **been fighting so hard to beat the bacteria.***
- 52) *After eagerly preparing for our first son, my husband and I found out he would die **by suffocation upon delivery, if he survived that long.***
- 53) ***It was such a struggle every day,** getting the girls ready to go to day care, preparing their diaper bag and snacks that they would need for the day, dropping them off and then heading for work.*
- 54) ***Babies were of the surrendered for adoption,** since there was very little support for single mothers.*

As seen from the examples above, the concept of STRUGGLE can be expressed in many different ways resulting in a few varying structural metaphors emerging. This source domain is generally used to express the difficulties of life. In the first set of examples, women tend to express their frustration with government as in (47), (48) and (49), where women are against abortion laws in U.S., they are concerned with the decisions-making that affects women and their bodies. Knowing the

events in Alabama, it can be stated that due to these events women are now more concerned with their reproductive rights.

Secondly, the source domain of STRUGGLE is expressed through an idea fighting an illness, as in (50) and (51) where it can be both mental and physical struggle. These examples deal more with an issue of female health and confirms the idea of everyday life being a struggle. Lastly, the source domain of STRUGGLE is expressed through the structural metaphor that Life Is a Struggle, examples (52) and (53) where each and every one encounters different struggles, one of them being motherhood. While example (54) deals with the struggle of unwanted children, as well as tackling the problem of being a single mother, it is one way of justifying women's decision to have an abortion. Such ideas can influence women's decision, mental and physical state before and even after the abortion. Overall, it can be said that this source domain creates a more negative approach towards government, life, and one's own role in life. It is clear that women's poor emotional state is further stigmatizes the abortion and exposes them to a higher risk of depression.

Let us now consider the last most frequent source domain identified in the collected US online abortion stories:

The Source Domain of OBJECT

55) *I immediately burst into tears and **time stood still**.*

56) *But after talking to the prenatal specialist I knew **time was not on our side**.*

57) *We were also going through a low point in our marriage and were concerned **that adding a child to the mix** would result in our marriage ending.*

58) *About four years after my abortion, we planned and were **able to add another child** to our family.*

59) *That can make it extremely **expensive to obtain an abortion** even at Planned Parenthood, which is not able to use federal funds for abortion.*

60) *I had always been pro-choice, but never would have **thought I would get an abortion**.*

61) *This was back when having a baby out of wedlock was shameful, and women who did so were hidden away until delivery, and their **babies were labeled "bastards"** the rest of their lives.*

62) *Instead of **bringing her into a world** revolving around surgeries, mental retardation, pain, and suffering, we made the heartbreaking decision to end the pregnancy.*

After examining the metaphorical expressions related to the concept of OBJECT, some conclusions can be drawn. Firstly, women in United States tend to objectify the concepts of time, abortion, pregnancy and children. In the first examples (55), (56) we can see that time is viewed as a moving object that could 'stand still' or be on one side or another. For women who are pregnant and are seeking abortion, time is viewed as very important, i.e. in different states the pregnancy can be terminated until a specific week. That is why women who seek abortion, time is crucial, and we can see it from the provided examples. Secondly, pregnancy is objectified comparing it to math, for many families an idea of having another child is like adding certain numbers together and looking if the it can make any sense, as in (57) and (58). In the next set of examples, abortion is objectified (examples (59) and (60)). In (61) and (62) children are objectified, which can be seen as another way of justifying abortion.

While analysing the results from both data sets, it can be stated that there are similarities and differences. First of all, it can be argued that the source domain of OBJECT was prevalent across both the UK and the U.S. blogs, although in the United Kingdom it was the second most used with 51 instances, while in the U.S. it was the fourth most used with 19 instances. The structural metaphor of TIME IS A MOVING OBJECT is recurrent across two data sets, while other structural metaphors were more different in terms of meaning and frequency patterns.

3.3. Comparison of Narrative Arc Across the UK and U.S.

After examining the results of metaphor use in the UK and the U.S. blogs, three prevalent source domains were determined in both countries. It was clarified that women in the UK (220) tend to use more metaphorical expressions than women in the U.S. (148). In addition, the data differs and across the categories of the narrative structure. Overall, women in the United Kingdom used more metaphorical expression at the beginning of their story and tend to use less in the middle and the end. In contrary to the women in the U.S., the bloggers use more metaphorical expression in the middle than in the beginning of their stories. It should also be noted that a similar number of metaphorical expressions is used at the end of their stories (UK (50) and U.S. (51)). While we can see a totally different pattern in the beginning of their stories, women in the United Kingdom used the majority of metaphorical expression in the beginning, where 107 instances were found. This could be due to the fact that the majority of women tend to expand and tell the story in more detail at the beginning and in the middle and put less emphasis on the outcome, i.e. abortion itself. By comparison, women in the U.S. in the beginning used only 38 metaphorical expressions.

The predominant source domains shared across both countries were JOURNEY and MOTION, OBJECT. The fourth source domain varied across the data sets, in the UK it was the source domain of CONTAINER, while in the U.S. it was that of STRUGGLE. In addition, it can be stated

that women in the United Kingdom tend to more frequently view their bodies or relationships as containers, by thus trying to fill in the emptiness and confusion leading them throughout their narrative. Whereas women in the United States tend to view life as a struggle, by thus creating a more negative outlook towards government, illness etc.

Within the discourse of abortion, women predominantly use the source domain of JOURNEY as a tool to cope with the pre and post abortion stress. This concept is used as the most positive reflection and helps to create a more positive outlook towards their life and their emotional state. The source domain JOURNEY is a part of the frame of LIFE IS A JOURNEY, and women used it to describe their experience of having an abortion. Moreover, women in both countries tend to objectify abstract experiences to justify their decision to have an abortion. The source domain OBJECT, with its many examples, points out to women's tendency to make excuses for themselves and for their choice. The third source domain that was prevalent in both countries was that of MOTION, used to portray pregnancy as a Downward Movement. The last prevalent source domain in the UK was that of CONTAINER, whereby women in the UK tend to objectify their own bodies as containers with an inside and an outside. This might imply their high emotional sensitivity. The source domain that was prevalent in the United States was that of STRUGGLE, which illustrates how guilty women can feel about their decision to have an abortion.

Finally, the conclusions of the conducted research will now be discussed.

CONCLUSIONS

The aim of this paper was to investigate metaphor use in the online abortion stories of two English speaking countries – the United Kingdom and the United States - within the framework of Critical Discourse Analysis and the Conceptual Metaphor Theory. In order to accomplish that goal metaphorical expressions were collected, deconstructed and prevalent source domains were determined. The results of the analysis of deconstructed conceptual metaphors in the UK and the U.S. abortion blogs have allowed me to draw following conclusions:

1. After reviewing the theoretical framework of Critical Discourse Analysis, Critical Metaphor Analysis, the theory of Narrative Arc and Media Discourse, the following theoretical assumptions were made: (1) Critical Discourse Analysis tackles the idea of the relationship between two areas, social structure and discourse. It is thus claimed that it can be both a social construct, as well as socially constructive; (2) the aim of Critical Metaphor Analysis is to reveal the implicit meanings and their possible ideological effects that contribute to creating social reality and individual perceptions; (3) the main idea of the theory of Narrative Arc is that all of our stories have a specific structure with its beginning, a middle part and an ending. Such structure is used to create a sense of change in time, and show how characters are moving from one state to another and developing their own identities; (4) Media Discourse transfers the meaning to the receiver; it is crucial in influencing and shaping public opinion. It is described as an interaction through various platforms, where discourse is oriented towards the receiver.
2. In total 50 blog entries were collected, i.e. 25 from the UK and 25 from the U.S. In total, 368 examples were collected with a difference between two data samples, i.e. 220 examples in the UK blogs and 148 examples in the U.S. blogs. The results suggest that the U.S. women tend to use less metaphorical expressions, i.e. 1 metaphorical expression per 55 words. While the women in the UK tend to use metaphorical expressions more frequently, i.e. 1 metaphorical expression per 43 words. The results also suggest that the subject of abortion is still stigmatized, as the majority of women are still afraid to openly discuss their experience, and this may be one of the causes, which influences women's decision.
3. Four prevalent source domains were determined from the collected data, three source domains are recurrent across the collected data sets. The most recurrent source domain was that of JOURNEY, 70 instances in the UK and 60 instances in the U.S. Three source domains that were dominant across the two data sets were JOURNEY, MOTION and OBJECT, with the fourth domain being different: CONTAINER in the UK and STRUGGLE in the U.S. Women

in the UK and the U.S. tend to use similar conceptual patterns to refer to physical and physiological stress in their descriptions. Women in the UK in their stories describe a lack of support from their families during the post-abortion period. While women in the U.S. emphasize a lack support from the government. Overall, it has been clarified that the source of JOURNEY is used to offer a positive attitude to abortion though, while the concept of MOTION is perceived more negatively. In addition, the preference of the source domain of OBJECT shows that women in the UK are prone to objectify their bodies as well time and life, while women in the U.S. objectify time, abortion and children. Another difference is that women in the UK tend to use more metaphorical expressions related to the concept of CONTAINER, while women in the UK use this source domain very rarely. However, women in the U.S. used source domain of STRUGGLE more frequently than women in the UK.

4. The analysis of collected data was also categorized, according to the elements of the narrative structure. The collected metaphorical expressions were grouped according to their use in the beginning, the middle or the end of the story. It has also been determined that some women from both countries would end the story after the middle part, and some would skip the middle part in their description and only write an ending to it. This can explain why women in the UK tend to use more metaphorical expression in the beginning (107 instances) of their story and exceptionally less in the middle (63 instances) and its ending (50 instances). While women in the U.S. tend to use more metaphorical expressions in the middle (59 instances) and the end (51 instances) of their story and significantly less in the beginning (38 instances). Overall, it can be stated that between the United Kingdom and United States the most significant difference in numbers was noticed in the beginning of the story, the number of differences is reflected by 69 instances. Finally, it can be stated that women in the UK tend to metaphorize the beginning, while women in the U.S. do not show that specific trend of metaphorisation.

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SUMMARY

Conceptual metaphor plays an important role that creates and deconstructs our reality in a variety of discourses. One of the most popular ways to express emotions and feelings is through metaphor, and abortion online stories serve that purpose well. Many women in order to cope with the consequences of the abortion procedure use metaphors, which allows them to mitigate their pain and unpleasant post-abortion stigma. The aim of this study is to analyse metaphorical expressions that were used in the UK and U.S online abortion blogs and to determine the most frequent Source Domains across two data sets. To achieve that, a set of 50 blog entries were collected from two different online media sources and categorised, according to the elements of the Narrative Arc. The results of the study have shown that women in the United Kingdom tend to use more metaphorical expression than women in the United States do. After examining the results, three main Source Domains were determined across the two data sets: JOURNEY, MOTION and OBJECT. By comparison, the fourth source domain varies, i.e. CONTAINER in the UK and STRUGGLE in the U.S. Within the discourse of abortion and pregnancy women in the UK and the U.S. are using the concept of on-going journey as a positive coping mechanism with pre and post abortion symptoms. Furthermore, the women tend to justify their decision to terminate their pregnancy with objectifying their bodies and abortion itself. Expressing everyday struggle was more noticeable in the U.S. data, while women in the UK tend to objectify their bodies as containers and construction. The examples show that abortion is still stigmatised and women still feel their need to justify their choice.

SANTRAUKA

Konceptualioji metafora vaidina svarbų vaidmenį mūsų kasdieniniame gyvenime. Vienas iš populiariausių būdų išreikšti emocijas ir jausmus yra metafora, o abortų istorijos internete tai puikiai iliustruoja. Daugelis moterų, norėdamos susidoroti su aborto procedūros pasekmėmis, naudoja metaforas, leidžiančias sušvelninti skausmą ir nemalonią po aborto patirtą stigmą. Šio tyrimo tikslas yra išanalizuoti metaforines išraiškas, kurios buvo naudojamos JK ir JAV internetiniuose abortų tinklaraščiuose, ir nustatyti dažniausiai pasitaikančius šaltinių domenų dviejuose duomenų rinkiniuose. Tam buvo surinkta 50 tinklaraščių įrašų iš dviejų skirtingų internetinės žiniasklaidos šaltinių ir suskirstyta į kategorijas, remiantis naratyvo struktūriniais elementais. Tyrimo rezultatai parodė, kad Jungtinės Karalystės moterys linkusios naudoti daugiau metaforinių išraiškų nei moterys JAV. Išnagrinėjus rezultatus, dviejuose duomenų rinkiniuose buvo nustatyti trys pagrindiniai šaltinių domenai: KELIONĖ, JUDĖJIMAS ir OBJEKTAS. Palyginimui, ketvirto šaltinio sritis skiriasi, Jungtinėje Karalystėje tai yra KONTEINERIS ir KOVA Jungtinėse Amerikos Valstijose. Aborto ir nėštumo diskurse JK ir JAV moterys kelionių sąvoką naudoja kaip teigiamą mechanizmą, kuris padeda susidoroti su prieš ir po aborto simptomais. Galima pridėti, kad moterys linkusios pateisinti savo sprendimą nutraukti nėštumą dėl objektyvaus kūno ir pačio aborto vertinimo. Kasdieniniai sunkumai buvo labiau pastebimi JAV duomenyse, tuo tarpu JK moterys linkusios savo kūną objektyvuoti kaip konteinerius ir konstrukcijas. Iš pavyzdžių matyti, kad abortai vis dar stigmatizuojami ir moterys vis dar jaučia poreikį pateisinti savo pasirinkimą.

RESUMEN

La metáfora conceptual juega un papel importante en nuestra vida diaria, crea y deconstruye nuestra realidad en una variedad de discursos. Una de las formas más populares de expresar emociones y sentimientos es a través de la metáfora, y las historias de aborto en línea ilustran esto perfectamente. Muchas mujeres para hacer frente a las consecuencias de aborto usan metáforas, lo que les permite mitigar su dolor y el estigma desagradable posterior al aborto. El objetivo de este estudio es analizar las expresiones metafóricas que se usaron en los blogs de aborto en línea del Reino Unido y Estados Unidos. Y determinar los dominios de origen más frecuentes en dos conjuntos de datos. Para lograr eso, se recopiló un conjunto de 50 entradas de blog de dos fuentes de medios en línea diferentes y se clasificaron, de acuerdo con los elementos del arco narrativo. Los resultados del estudio han demostrado que las mujeres en el Reino Unido tienden a usar más expresiones metafóricas que las mujeres en los Estados Unidos. Después de examinar los resultados, se determinaron tres dominios de origen principales en los dos conjuntos de datos: VIAJE, MOVIMIENTO y OBJETO. Por comparación, el cuarto dominio fuente varía, es decir, CONTENEDOR en el Reino Unido y LUCHA en los Estados Unidos. Dentro del discurso del aborto y el embarazo, las mujeres en el Reino Unido y los Estados Unidos. Están utilizando el concepto de viaje en curso como un mecanismo de afrontamiento positivo con síntomas pre y post aborto. Se puede agregar que las mujeres tienden a justificar su decisión de interrumpir un embarazo sobre la base de una evaluación objetiva del cuerpo y el aborto en sí. Expresar la lucha diaria fue más notable en los datos de Estados Unidos, mientras que las mujeres en el Reino Unido tienden a objetivar sus cuerpos como contenedores y construcción. Los ejemplos muestran que el aborto todavía está estigmatizado y las mujeres aún sienten la necesidad de justificar su elección.

APPENDIX

The collected examples from United Kingdom's blogs:

EXAMPLE	SOURCE DOMAIN
I hope this story gives you hope and strength	MOTION
Being someone who has never taken any medications	CONTAINER/MOTION
I would go into anxiety and panic attacks.	CONTAINER
and I was blessed there was a way , but would I survive it?	JOURNEY
Initially I was going to choose the aspiration method	JOURNEY
I wanted no drowsy medications,	PERSON
and for it to happen in the privacy of my home naturally	OBJECT
I finally decided the medicinal route was the best for me	JOURNEY
my body has been nurtured all my life	PLANT
the most scariest images ran through my head	PERSON/MACHINE
and my heart was racing thinking wow this is going to be bad	MACHINE/MOTION
was racing thinking wow this is going to be bad	JOURNEY
promised I would post if the experience went well and it did!	JOURNEY
understanding and gave me all the information I needed	OBJECT
The Wednesday came	OBJECT
told me how far I was	JOURNEY
I was then sent away and told I'd have to wait	JOURNEY/OBJECT
At the clinic a nurse took me into a room	OBJECT
I was at the start of a relationship	JOURNEY
I had a one-night stand in my first year	JOURNEY
and ended up in London from the last plane from Belfast	JOURNEY
So I ended up being put up by a stranger overnight	JOURNEY
Made my way to BPAS office	MOTION
I was pregnant that I was getting an abortion	OBJECT
I didn't want my life tied to an ex	OBJECT
I had an education and a career to try and build	CONSTRUCTION
and my mental health and self esteem spiralled.	MOTION
During the days I tried to function normally	MACHINE
so no one would find out	MOTION
At work I would forget simple words because of the anxiety fog	NATURAL PHENOMENON
I spent weeks at a time drunk to numb the anxiety	OBJECT
but I could not handle reality	OBJECT

barely left the house and was a crying wreck most of the time	CONSTRUCTION
But I fell pregnant .	MOTION
But I had literally only just finished my period	MOTION
My cycle was clearly all over the place	SPACE
But then reality hit	OBJECT
Motherhood up to that point and been terrifying for me	JOURNEY
I was barely surviving as mother to two children	STRUGGLE
let alone inviting a third into the equation	MATH/CONTAINER
I had to be sensible and focus on keeping my health	OBJECT
I'd always been supportive of women who had faced them	JOURNEY
I thought it was a very sensible course of action	JOURNEY
time was running out for me	OBJECT
I ended up having to drive myself for nearly two hours to the clinic	JOURNEY
My husband couldn't get time off work	OBJECT
When I got to know I was pregnant	MOTION
It's never an easy decision	OBJECT
when I found out I was pregnant	MOTION
I had just split up with my partner of 5 years	MOTION/JOURNEY
I discovered I was 2 months pregnant	MOTION
There was no doubt in my mind	CONTAINER
I was 17 when I first fell pregnant	STATE
and finding out I was pregnant	MOTION
I wanted this all to be over as soon as possible.	JOURNEY
I knew that I should get my period by 9th Feb	OBJECT
that date came and went	MOTION
doubted my ability to get pregnant but here I was	STATE
I was in a non-committed 'on/off' relationship	CONTAINER
I fell pregnant with my first boyfriend	MOTION
I was waiting for my period	MOTION
so I could start taking it	MOTION
He wanted to keep it	OBJECT
I would have had a holiday baby	OBJECT
I am hopeful that one day things will work out ok for me	MACHINE
but I am working on healing	MACHINE
I am working on crying and eating and reading	MACHINE
and the truth is life goes on	JOURNEY
will think my decision is evil	PERSON

Until this point , I'd always thought I was against abortion	JOURNEY
I thought they stemmed from carelessness, and sleeping about.	PLANT
We weren't actively trying for babies	OBJECT
he went for tests and they came back clear	PERSON
until we'd been actively trying for a prolonged period of time	MOTION
We didn't want that, so carried on as we were	JOURNEY
because I couldn't fall pregnant anyway	MOTION
I thought I was taking a belt and braces approach	OBJECT
I'd gone a very long time without falling pregnant before	MOTION/JOURNEY
I'd gone a very long time without falling pregnant before.	JOURNEY/MOTION
To make things worse, because of what I'd found out	MOTION
I'd gone 5 days at a time without sleep	JOURNEY
Me finding out I was pregnant was, to me, the biggest medical emergency	MOTION
I am forty nine now and was twenty two when I obtained an abortion.	OBJECT
I was 23 and shattered when I saw	OBJECT/STATE
had gone through multiple counselling	JOURNEY
I was always under a lot of stress	STATE
I had just started university and I had met a new boyfriend.	MOTION/JOURNEY
but it was at the end of the 72 hour window	CONSTRUCTION
but it was at the end of the 72 hour window	JOURNEY
the later it gets the less effective it is.	JOURNEY
I was actually quite rude to her at this point	JOURNEY
Adoption was out too because carrying full-term meant telling my own mother.	MOTION
I come from a fairly relaxed religious background	JOURNEY
but I think it was because she was nearly as terrified of me going through the procedure as I was	JOURNEY
The first call went as well as can be expected,	PERSON/JOURNEY
let alone has enough room to fit his children	CONTAINER
and I cannot justify knowingly passing on genetic predispositions to mental illness	JOURNEY
I tried IUDs but they were incredibly painful	PERSON
So I wasn't using contraception when I got pregnant.	OBJECT/MOTION
a dream I had since I was little.	OBJECT
There, it turned out that I was pregnant,	MOTION
My mother would say how having an abortion was murder	CRIME

and my dad would say no one but God would have the right to take a life away	CRIME
I would keep my baby	OBJECT
I didn't realize just how wrong I was to hold such beliefs	OBJECT/CONTAINER
and how toxic it would to myself, to my soul.	POISON
I still had a hard time accepting abortion,	OBJECT
I went home and took the first pill right away (mifepristone)- the progester-one blocker	PERSON
26 hours later, losing sleep,	OBJECT
I look back and smile in gratitude	JOURNEY
I took an anti-nausea pill and 2 Advils extra strength	OBJECT
my heart racing	MACHINE
A hot water bag on my belly was my best friend	PERSON
I bled very heavy for about 10 hours	OBJECT/WEIGHT
with huge clots coming out	CONTAINER
The bleeding was very heavy for one day	OBJECT/WEIGHT
I inserted 4 on the tablets one by one up my vagina as far as they could go	CONTAINER
and that worst bit will be over before you know it	JOURNEY
I'm pretty sure this is when I passed it	MOTION
The clinic was like an abortion mill	MACHINE
The silence was haunting	PERSON
If I didn't support my body	OBJECT/COSTRUC-TION
it wouldn't support another life	OBJECT/COSTRUC-TION
and I could get out of the problem without anyone else knowing.	CONTAINER
My shame delayed me seeking help	PERSON
The whole time is a blur,	NATURAL PHENOME-NON
I was in a lot of pain	MOTION
the pale faces of other women in the beds facing me	CONTRAPOSITION
brutally dry-shaved and told to shut-up	STRUGGLE
As I came round from the operation	MOTION
(small thing that goes inside the vagina)	CONTAINER
was to stop the pregnancy from continuing	MOTION
this makes the womb contract and ends the pregnancy like a miscarriage	JOURNEY
I couldn't bring children	OBJECT/MOTION

it ended up being a twin pregnancy	JOURNEY
starting off with a broken family straight away	JOURNEY
starting off with a broken family straight away	OBJECT
he too felt an abortion was the right thing to do	OBJECT
but happy to go with what I wanted	JOURNEY
as after much thought I was able to come to the decision that I needed an abortion.	JOURNEY
I went with my parents and cried my eyes out	MOTION/CONTAINER
and cried my eyes out through the procedure but I felt nothing	JOURNEY
to bring a child into the world	OBJECT/MOTION
and I am not a baby killer	CRIME
because all of the sadness and hatred was eating me alive	PERSON/FOOD
I'd of gone to A&E if I'd of thought they'd of taken me seriously.	MOTION, OBJECT
I didn't get the service through the abortion I would hope other women would get	JOURNEY
My GP tried to discourage me from going ahead with it	JOURNEY
At the hospital, I was sent in a waiting room covered in pictures of cute babies	OBJECT
My dignity was left at the hospital door every time I went.	OBJECT
was going to stab myself in the stomach until I was dead	CRIME
I grew to hate this baby more and more	PLANT/MOTION
I hated it for stopping me from being able	MOTION
me from being able to move on with my life	JOURNEY
This was not how my first child deserved to come into the world,	JOURNEY/MOTION
My periods were as usual late	PERSON
And I felt my fear rising as I saw the two lines appearing	MORE IS UP
and being a mother was nowhere in the 'List of things to do'	OBJECT/CONTAINER
We had been going through a rough patch but were still 'friends'	JOURNEY
are not making this up to make me stay in the relation	MOTION/CONTAINER
I was already going through a crazy patch in life	JOURNEY
but I did not have the heart to tell them	OBJECT
meant that they might just call up my college who would not have taken the matter lightly .	OBJECT
Somehow, the news of my pregnancy and abortion travelled around	PERSON/MOTION
and how I have committed a sin killing a child	CRIME
I saw my world breaking apart.	OBJECT
as the pregnancy went on	JOURNEY

The first time I got pregnant, it was out of nowhere ,	CONTAINER
and I was very intent to keep it	OBJECT
and so I had the choice of either aborting to save myself or risk losing my life, the baby, or both.	STRUGGLE
know you are a warrior and everything is going to be okay!	STRUGGLE
not a pleasant thing to go through	JOURNEY
but wanted me to tell him what I'd just been through	JOURNEY
The most traumatic thing was the rift it created between me and my mum	JOURNEY/OBSTACLE
I've always hidden this part of my life	SECRET
and to help remove the stigma associated with abortion by speaking out.	OBJECT
they never chased me for it.	MOTION
but by then it will be a point when I'm excited to see	JOURNEY
I was in this state because of the stigma	CONTAINER
And this stigma was not in my head .	CONTAINER
Abortion Stigma steals women's voices	CRIME
my mental health would have declined further	LESS IS DOWN
I've now reached a level of self awareness,	JOURNET/MOTION
But I killed my own baby	CRIME
it would have been selfish to the baby to go through with it	JOURNEY
still feel uncomfortable knowing I was so torn ,	WOUND
I chose to pursue studies	JOURNEY
I hope this helps anyone going through what I went through!	JOURNEY
I hope this helps anyone going through what I went through!	JOURNEY
but I want to be in a relationship	CONTAINER
will at least have 2 loving parents from the beginning	JOURNEY
or emotionally prepared to raise a child	MOTION
I knew I didn't want to be tied to him	MOTION
It took a lot of time to get over it	JOURNEY/OBSTICLE
to being able to bring a baby into the world in a loving relationship	OBJECT
I am letting it all go	OBJECT
because it hurts too much to hold onto it alone	OBJECT
because it is not ok to have gone through all of that alone	JOURNEY
If you are going through an abortion	JOURNEY
I did not have anyone to talk to and that was the hardest part.	WEIGHT
I could not move past the unsuitability of the likely father	JOURNEY
I'm in a different place to where I was	JOURNEY/LOCATION
I'm back on my feet now	JOURNEY/MOTION

If I'd of been forced to continue with the pregnancy.	JOURNEY
I have never hidden my abortion when the topic has arisen	OBJECT
The night engulfed me and I woke up 24 hours later in the hospital	PERSON
and had attempted to take my life	MOTION/OBJECT
no matter what life has chucked your way .	PERSON
10 months down the line	JOURNEY
about women who went through abortion	JOURNEY
And that gave me the courage to vocalise my own pain	PERSON
There is no way you could vocalise without being targeted.	JOURNEY
and I feel like I've moved on quite well.	JOURNEY
I have only just started going to counselling for this	MOTION/JOURNEY
I haven't got much to go on as to how I'm coping	JOURNEY
I was bumped from second procedure to final procedure	JOURNEY
I no longer have to battle with contraception	STRUGGLE
with contraception that makes me ill or doesn't work reliably ,	MACHINE
I knew that I couldn't keep the baby	OBJECT
The biggest thing I get upset hearing is "some women can't even bear children"	SIZE

The collected examples from United States blogs:

I was not supposed to be someone who got an abortion	OBJECT
Our first child was a huge challenge	JOURNEY
and I ended up pregnant.	JOURNEY
I was in the first serious relationship since my divorce	CONTAINER
To my shock I found myself pregnant by a married man	MOTION
Time seems to stand still .	OBJECT
It began to grow larger over time,	OBJECT/SIZE
and I felt increasingly weak and sick over the course of a year.	JOURNEY
I spent my life up to that point making sure I was ready for children	RESOURCE
I spent my life up to that point making sure I was ready for children	JOURNEY
What could go wrong?	JOURNEY
This was the next step in our lives.	JOURNEY/MOTION
our marriage was struggling ,	STRUGGLE
I didn't feel that I could handle another pregnancy	OBJECT/MOTION
My husband and I finally decided to expand our family	MOTION
We ended a very wanted pregnancy for medical reasons	MOTION
Days before we were set to ship out ,	MOTION
I myself have struggled with anxiety and depression	STRUGGLE
She would either be stillborn or would not survive long after birth.	STRUGGLE
My own risk would increase sevenfold if I continued to carry her.	JOURNEY
My own risk would increase sevenfold if I continued to carry her .	MOTION
but I wanted my life back .	PERSON/OBJECT
I was about to enter my senior year of college.	CONTAINER/MOTION
My period was late .	PERSON
I had not been planning to get pregnant	JOURNEY/MOTION
and I was in no position socially or economically to carry a child	JOURNEY/LOCATION
and I was in no position socially or economically to carry a child	OBJECT
much less properly raise a child .	MOTION
Many years ago I was faced with a dilemma .	JOURNEY
there was no way I could take care of a 3rd child	JOURNEY
It was such a struggle every day,	STRUGGLE
head home, get them dinner, baths,	JOURNEY/MOTION
In my early twenties, I found myself pregnant	JOURNEY/MOTION
This was back when having a baby out of wedlock was shameful,	CONTAINER

and their babies were labeled “bastards”	OBJECT
Babies were often surrendered for adoption,	STRUGGLE/WAR
news that would change our lives and shake our entire foundation.	STRUCTURE
nstead, we found out that our sweet baby had calcification building up on her heart,	STRUCTURE
We were also going through a low point	JOURNEY
and were concerned that adding a child to the mix	OBJECT
would result in our marriage ending.	JOURNEY
I have never looked back	JOURNEY
I went on to have a very successful 30 year career	JOURNEY
whose insurance covered my abortion.	CONTAINER
I start to have those full body cries.	PERSON
Our daughter could make it to full-term	JOURNEY
but never would have thought I would get an abortion.	OBJECT
I knew time was not on our side.	OBJECT
I loved my baby, but I had to let him go.	JOURNEY
The only obstacle we faced was that no providers in the area took my insurance.	JOURNEY
The only obstacle we faced was that no providers in the area took my insurance.	JOURNEY
less than a week after discovering I was pregnant.	JOURNEY
I received a trans-vaginal ultrasound to verify how far along I was	JOURNEY
The pain didn’t start until after I took the second pill.	MOTION/PERSON
Then, it was over.	JOURNEY
When the specialist finally came in, he destroyed us.	STRUCTURE
We made the heart-breaking decision to end the pregnancy.	MOTION
and the doctor dressed in scrubs ready to begin the procedure	MOTION
I felt like I was falling through the earth	MOTION
A crippling heat swarmed my body	MOTION
and talked past the point of exhaustion	JOURNEY
Instead of bringing her into a world revolving around surgeries	OBJECT
we made the heartbreaking decision to end the pregnancy.	PERSON
to go through all the testing and figure out what was going on	JOURNEY
so we had time to make a decision.	RESOURCE
our healthcare providers were able to guide us through the process	JOURNEY
to guide us through the process without any hoops to jump through,	JOURNEY/MOTION
when I was going through this experience.	JOURNEY

minimally painful, and I was treated with respect and care at every step	MOTION/JURNEY
for their lives when faced with an unintended pregnancy	JOURNEY
We did this out of love.	CONTAINER
the only way I could stay pregnant was if I ceased all treatment.	JOURNEY
could end up with lifelong neurological impairments.	JOURNEY
If I tried to carry a pregnancy with Lyme disease	MOTION/OBJECT
The doctors told my daughter that she would never carry the pregnancy	MOTION
The real danger was that the placenta would rupture	STRUCTURE
and my daughter would bleed out , and die.	CONTAINER
The recommendation from the doctors was to end the pregnancy	MOTION
there was no possibility of a happy ending for her condition.	JOURNEY
But in the end I had to give her life up and save my own.	STRUGGLE
I am constantly wondering if I made the right decision	JOURNEY/MOTION
A few days beforehand, I got my period,	OBJECT/MOTION
some pregnancies simply aren't meant to come to term,	JOURNEY
I should not have gotten myself pregnant for a third time.	MOTION
But, the reality is, there have been many women in my position.	JOURNEY
Not making the decision to continue with the pregnancy,	JOURNEY
But, neither finances or my sanity would allow me to bring another baby into this world.	OBJECT
terrified to seek medical help for fear I would get arrested.	CRIME
if he survived that long.	STRUGGLE
Faced with a horrible and difficult odds,	JOURNEY
we made the decision to end the pregnancy.	MOTION
If our baby did make it to birth,	JOURNEY
or eat and would repeatedly experience heart attacks,	STRUGGLE
and suffocation until one was strong enough to kill her.	CRIME
she would struggle with immeasurable pain from her first breath to her last.	STRUGGLE
And it soon became clear that there was no way to carry my second pregnancy to term.	JOURNEY
And it soon became clear that there was no way to carry my second pregnancy to term.	MOTION/OBJECT
we planned and were able to add another child to our family	OBJECT
In the end, this baby would have the same genetic defects	JOURNEY
Three years later that same boyfriend and I married, and proceeded to have 3 children	MOTION

and I knew what this baby would have gone through	JOURNEY
but we couldn't bring a child into the world just to suffer.	STRUGGLE
but we couldn't bring a child into the world just to suffer.	CONTAINER
its our own dirty little secret to bear in silence	OBJECT
we need to have access to abortions as a part of comprehensive health care	MOTION
that we were terminating the life of a separate, unique, living human being.	JOURNEY
That can make it extremely expensive to obtain an abortion even at Planned Parenthood	OBJECT/SERVICE
people in government thought the most humane route for a fatal diagnosis	JOURNEY
but that you couldn't take their advice or follow your own instincts	JOURNEY/PERSON
I had been fighting so hard to beat the bacteria.	STRUGGLE
I had been fighting so hard to beat the bacteria.	STRUGGLE/WAR
I spent three full years battling Lyme disease and the co-infections that accompany it	WAR
But I survived.	STRUGGLE/WAR
My abortion probably saved my life , and I'm grateful every day for that.	STRUGGLE/WAR
My daughter needed to save her own life to care for her other two children	MOTION
she had to terminate the life of her child	JOURNEY
in memory of the daughter who died to save her mother's life.	STRUGGLE/WAR
There is not one day that goes by	JOURNEY
Access to safe and affordable abortion services	JOURNEY
By the time I was 35 I was far enough along in my career	JOURNEY
and will continue to do all that I can to make sure that my daughter	MOTION/JOURNEY
I have since carried a pregnancy to term	JOURNEY
mother of a young woman who has the world open to her.	CONTAINER
The thought of anyone being forced to carry an unwanted pregnancy is appalling;	STRUGGLE
if you can even call what I faced any kind of choice.	JOURNEY
Republicans in the House of Representatives threaten to take us back to these dark	STRUGGLE
Republicans in the House of Representatives threaten to take us back to these dark	STRUGGLE/JOURNEY
that I know will put women in danger.	STRUGGLE
Beyond putting women in harm's way , these abortion bans attack our independence	JOURNEY

Beyond putting women in harm's way, these abortion bans attack our independence	WAR
by gradually taking away our ability to make decisions about our own lives,	STRUGGLE
I cannot believe Republicans are using women's ability to create new life	OBJECT
ability to create new life as a tool to oppress us,	MACHINE
and return us to the restrictions of the first part of the 20th century.	JOURNEY
Their anti-choice ideology has no place in my body , nor in any laws.	PERSON/CONTAINER
you are in effect seizing control of their bodies.	STRUGGLE
And after what I've been through ,	JOURNEY
As long as anti-choice politicians continue their shameless attacks	WAR
and the government should not interfere with a woman's decision.	PERSON
This majority stands on the side of abortion access and reproductive freedom for all.	MOTION
Women will not go back to 1965 .	JOURNEY
No out-of-touch politician will prevent us from controlling our own bodies and our destinies.	MACHINE
Whether openly or in secret , we will always seek access	CONTAINER
we will always seek access to comprehensive reproductive health care.	MOTION
For many women, this abortion ban would be a death sentence ,	CRIME
returning us to the days of unsafe and illegal abortions	JOURNEY
Like many families placed in these situations ,	JOURNEY, MOTION
particularly women who seek abortions after 20 weeks ,	MOTION