**Pro-life and pro-choice are two different things**

UWIRE Text. (Nov. 3, 2013): p1.

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Yelling abortion in a crowded room may be as dangerous as yelling fire in one in this day and age. It's certainly a hot button topic that nearly everyone seems to have an opinion on.

Unfortunately, it's usually difficult for a pro-choice and pro-life person to have that conversation with one another. Those conversations often feel like someone is trying to shove a square block into a triangle opening. It simple doesn't work.

Oftentimes, we don't consider that the two sides of conversations about abortions are almost never coming from the same premises. We aren't talking about the same thing, but that's okay. Of course, it's okay as long as we recognize that and adjust.

As a nation, we need to take a step back and breathe for a second. The person on the other side of the conversation isn't a horrible person. We need to remember this when having these conversations.

So first things first: let's stop believing the lies we tell ourselves about people on the other side of the issue.

People who are pro-life don't hate women or freedom. That's often times the portrayal and it's simply wrong. People who are pro-life care deeply about the sanctity of life and morality -- that's why they are so passionate about what they do.

While I sometimes have a hard time picking a side politically, I would never personally support abortion. I do, however, understand and have a deep amount of respect for the pro-life movement.

And people who are pro-choice aren't vicious murderers that love abortion. I don't know a single pro-choice advocate who would pride themselves on having had an abortion. People who are adamantly pro-choice also care deeply about people and society, which drives their passion.

In fact, many on the pro-choice side think abortion is morally wrong and don't support it, but understand that making abortion illegal makes the practice less safe for the people that will continue to do it. Also, forcing someone to have an invasive procedure before having an abortion is a violation of privacy.

Furthermore, people who are pro-choice are oftentimes very committed to improving education, the foster care system, adoption, and prisons -- systems that, when improved, help reduce abortions rates and make the quality of life better for all who come into this world. The issue simply isn't black and white.

We need to be mindful that not everyone agrees on when life begins. We need to consider having that conversation before having one that leads to somebody being called a murderer or a sexist. Even in pro-choice camps, conversations are had about how early in a pregnancy life begins.

Many believe that life starts at conception, especially in evangelical or catholic Christian circles. Others believe life starts when the fetus takes a human form, when a baby has taken its first breath or not even until days after birth. These beliefs have their roots in orthodox Christianity and Judaism, as well as other traditions.

This all needs to be taken into consideration because someone's opinion on this matter will weigh heavily in how they view the issue. And if we aren't having this conversation, we won't be able to have a conversation about policy.

We need to be willing to keep the dialogue open. I said step back and breathe for a second, not give up.

Constructive dialogue doesn't happen when two parties don't respect each other, and that's what's going on during these conversations. If we view the person sitting across from us as a deeply caring person who wants to see the best for the world as much as we do, then more would be accomplished.

So let's talk. The abortion conversation is an important one that we need to be having. People on both sides of the issue can agree to that. Now, let's make it happen -- respectfully, constructively and in a way that moves us forward.

**Source Citation (MLA 8th Edition)**

"Pro-life and pro-choice are two different things." UWIRE Text, 3 Nov. 2013, p. 1. Infotrac Newsstand, go.galegroup.com/ps/i.do?p=STND&sw=w&u=pioneer&v=2.1&id=GALE%7CA347900922&it=r. Accessed 2 Nov. 2016.

Gale Document Number: GALE|A347900922

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