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Many people don't realize how many other benefits there are to the contraceptive pill in particular. I started taking it long before I was married because I had such severe PMS. It literally felt like I was both Jekyll and Hyde; I would be completely fine one minute, the smallest thing would happen, such as someone bumping against me while walking, and I would actually burst into tears and sometimes even start screaming. I felt like I was losing my mind and begged my doctor to help me.

After a month of taking the pill, I was about to get my period again, and I braced myself for the inevitable chaos. Like a true miracle, it never came! I cannot tell you how relieved I was, and how much my relationships with my friends and family improved almost overnight.

There is nothing more frightening than not having control over your own mind, and I beg you to pass this bill so your wives, daughters, and granddaughters never have to experience that terror.

While I initially began taking the pill to treat severe PMS, I also started using it for pregnancy prevention when I got married. As a practicing Catholic, though, I did struggle spiritually with the Church's ban on birth control, and even attended a seminar explaining the Church's reasoning.

They said clearly that while God does not want us to have children simply for the sake of it, no matter how often "Be fruitful and multiply" is quoted, they also believed that married people could not live in a godly union if one spouse deprived the other of their fertility.

After much prayer, I truly believe that what God wants for couples to have even more than children is healthy, sacred COMMUNICATION. When both people decide TOGETHER not to have children, and deal with the consequences together, that, much more than simple procreation, is what leads to a happy, godly marriage.