

High-Control Religion Inventory

High-control religious groups emphasize conformity, submission, inter-reliance, and fear of outsiders. Put a check by the statements below that reflect things your religious group taught, demonstrated, or implied.

- ☐ The group's teachings are the ultimate truth.
- ☐ The group's sacred text is indisputable and/or perfect.
- ☐ The group's rules are a higher authority than secular laws.
- ☐ The group has a special calling/mission from God.
- ☐ The group can achieve things that defy science (miracles).
- ☐ The group's leader(s) have a special spiritual status.
- ☐ Women are designed by God to serve or submit to their husbands.
- ☐ Human's natural instincts are evil and untrustworthy.
- ☐ Humans are fundamentally broken/inadequate on their own.
- ☐ The group can be a utopian community if its members are devoted enough.
- ☐ Mental illness is often/always a sign of spiritual weakness.
- ☐ Adverse events are often a sign of God's displeasure.
- ☐ Personal suffering is often/always a sign of spiritual weakness.
- ☐ Having doubts about one's beliefs is a sign of weakness or corruption.
- ☐ Prioritizing one's own needs above the group is selfish.
- ☐ LGBTQIA+ people are confused, deviant, and/or disgusting.
- ☐ The group's teachings are the only path to true meaning or happiness.
- ☐ Accepting the group's beliefs is the only way to be spared from punishment.
- ☐ Group members must reject all other beliefs to prove their devotion.
- ☐ Acceptance in the group is contingent on obedience.
- ☐ Not attending the group's regular meetings is grounds for discipline.
- ☐ The group's members are expected to make financial contributions.
- ☐ Disobeying a group leader is grounds for discipline.
- ☐ Members must confess their failures to be forgiven.
- ☐ Rejecting the group's beliefs has eternal consequences.
- ☐ Members are expected to report non-conformity to the group's leaders.
- ☐ Members are expected to recruit new members to the group.
- ☐ Members are expected to follow the group's rules regarding sex.
- ☐ Outsiders or evil forces will try to corrupt or seduce group members.
- ☐ Outsiders or evil forces will try to influence or harm the group's children.
- ☐ Outsiders will face an end-times reckoning or judgment.
- ☐ Non-believers are pitied or mocked within the group.
- ☐ Things that contradict group teachings should be censored to protect the group.
- ☐ Relationships with non-believers should be limited or cut off.
- ☐ The group's special language/terms won't make sense to outsiders.

If you checked five or more of the items above, you've been impacted by high-control religion. You may want to investigate the symptoms of religious trauma and seek support for recovery.

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