

# RELIGIOUS TRAUMA INVENTORY

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This is a self-administered inventory, designed to help survivors identify if and how they have been impacted by religious trauma. It is not a test and there is no scoring system; rather this is a tool for gaining insight into thoughts and behaviors that might indicate religious trauma.

## SHAME + BLAME

- I often feel undeserving of love and acceptance.
- I often feel incapable of making good decisions on my own.
- I feel ashamed of my natural personality, identity, or sexuality.
- I often feel guilty even when I haven't done anything wrong.
- I often blame myself when bad things happen to me.
- I often suspect that I am bad or incapable of doing good.
- I often feel guilty about not donating time or money to my religious group.
- I often feel guilty about not recruiting enough people to my religious group.
- I often feel guilty about not attending enough of my religious group's meetings.
- I often feel compelled to confess and seek forgiveness for my spiritual failures.

## SUPPRESSION

- I often feel that I can't trust my own instincts and emotions.
- I often feel disconnected from my body's needs or sensations.
- I have trouble describing my identity apart from my religious beliefs.
- I often feel ashamed for getting angry, even when I haven't lashed out.
- I often feel ashamed when I experience pleasure.
- I feel the need to change to fit my religious group's expectations of my gender.
- I often feel selfish or prideful when celebrating my own successes.
- I often feel selfish or prideful when advocating for my needs.
- I feel that it is prideful to question those in authority over me.
- I often hide my feelings or opinions from those in my religious group.

## FEAR + ANXIETY

- I often feel responsible for the salvation of people around me.
- I worry that I or someone I love will go to hell or be excluded in eternity.
- I worry about getting advice or treatment from non-believers.
- I worry about being influenced by media made by non-believers.
- I worry that my religious doubts indicate I'm not a true believer.
- I worry that unseen evil forces will control or harm me.
- I feel panic at the thought of being excluded or left behind by my religious group.

## SPIRITUAL CYNICISM

- I often assume that religious people are judging me unfairly.
- I often feel resentment and distrust of religious leaders.
- I suspect that God and/or religious leaders don't want me to be happy.
- I suspect that God and/or religious leaders don't want me to enjoy sex.
- I suspect that God and/or religious leaders are cruel or sadistic.
- I suspect that God and/or religious leaders don't care about my suffering.