

Religious Trauma Beliefs

Religious trauma is marked by patterns of shame, fear, rigidity, and suppression. Put a check by the statements below that reflect the way you feel now **or** have felt in the past because of your religious experiences.

- I can never do enough to please God.
- I can't live up to my religious group's ideals.
- I don't have enough faith.
- There's something wrong with me spiritually.
- I'm not the kind of man/woman that God wants.
- I shouldn't allow myself to be angry.
- I shouldn't trust my own feelings.
- I shouldn't trust my own judgment.
- I shouldn't trust my body's instincts.
- My sexual thoughts and attractions are deviant.
- My sexual history is shameful.
- I'm a prideful or selfish person.
- I shouldn't want money or material things.
- I should want to confess my failures.
- I should want to sacrifice myself for God.
- I should be joyful and grateful at all times.
- My identity should be defined by my religious beliefs.
- I should only value the things my religious group does.
- I shouldn't question my religious group's teachings.
- I shouldn't be influenced by secular entertainment.
- I should always submit to my religious group's leaders.
- I should always forgive the people in my religious group.
- I should always trust the people in my religious group.
- I shouldn't trust advice from secular sources.
- Outside influences want to hurt, tempt, or seduce me.
- Evil spirits want to hurt, tempt, or possess me.
- Everything that happens to me has a divine purpose.
- God uses suffering to punish me and teach me.
- My religious group might publicly shame or discipline me.
- My religious group might decide to exclude me.
- I or my loved ones might be excluded from the afterlife.
- I or my loved ones might be punished for eternity.

If you checked five or more items on this list, you may have symptoms of religious trauma. Counseling with a trauma-informed therapist is recommended.