

Religious Trauma Inventory

Below is a list of common beliefs and fears that religious trauma survivors hold. Check the statements that reflect your **current or past** mindset.

- I'm in danger of being excluded from the afterlife.
- Someone I love might be excluded from the afterlife.
- The end of the world might happen at any moment.
- It's my responsibility to tell non-believers the truth.
- Evil spirits want to hurt, tempt, or possess me.
- Non-believers want to hurt, tempt, or persecute me.
- I might do evil things ("sin") without even realizing it.
- God will punish me for making mistakes.
- God has total control over my life.
- God designed a clear system of right and wrong.
- My salvation depends on me doing things right.
- Bad things won't happen to me if I'm good enough.
- I'm a naturally bad person.
- I'm a naturally selfish ("prideful") person.
- I deserve punishment for being the way I am.
- There's something wrong with me spiritually.
- My well-being isn't a priority to God.
- My value comes from serving God and other people.
- I need to work to make up for my failures.
- My body's natural instincts are wrong.
- I shouldn't trust my emotions.
- I should deny my sexual urges or attractions.
- Masturbation is disgusting or perverted.
- I should resist the temptation of money or ambition.
- I should always be joyful or grateful.
- I shouldn't allow myself to be angry.
- I shouldn't have doubts about my faith.
- My identity should be based on my religious beliefs.
- I should always be loyal to my religious group.
- People are watching to see if I'm a true believer.
- I should always confess my mistakes and spiritual failures.
- I need to be forgiven by God for all my mistakes and failures.
- I need God's permission or approval before I make decisions.
- I should always forgive people who hurt me.
- I should always serve God and others, even when it hurts me.
- I should always submit to authority, even when it hurts me.

If you connected with several things on this list, you've likely experienced religious trauma. Self-compassion, setting healthy boundaries, and correcting thinking errors will all be helpful. Counseling with a trauma-informed therapist is highly recommended.