

Religious Trauma Inventory

If multiple statements below resonate with you, you would likely benefit from therapy or coaching that specializes in religious trauma.

SHAME + BLAME

- ☐ I feel undeserving of love and acceptance.
- ☐ I feel innately inadequate on my own.
- ☐ I feel ashamed of my identity or sexuality.
- ☐ I feel guilty even when I haven't done anything wrong.
- ☐ I tend to blame myself when bad things happen to me.
- ☐ I feel unequipped to make the right decisions on my own.
- ☐ I suspect that I am evil or incapable of doing good.

SUPPRESSION

- ☐ I can't trust my own instincts and emotions.
- ☐ I feel disconnected from my body's needs and sensations.
- ☐ I don't have an identity separate from my spiritual beliefs.
- ☐ I feel ashamed when I get angry.
- ☐ I feel ashamed when experiencing bodily pleasure.
- ☐ I feel ashamed for not fitting my group's gender expectations.
- ☐ I feel selfish when celebrating my successes.
- ☐ I feel selfish when advocating for my needs and autonomy.
- ☐ I feel guilty for questioning those in positions of authority.
- ☐ I feel guilty for not donating time or money to my group.
- ☐ I feel guilty for not recruiting enough people to my group.
- ☐ I feel guilty for not attending my group's meetings.
- ☐ I worry that if I'm honest I will lose my close relationships.

ANXIETY

- ☐ I feel responsible for the salvation of the people around me.
- ☐ I am afraid to get advice or treatment from non-believers.
- ☐ I am afraid to enjoy media made by non-believers.
- ☐ I fear that I will go to hell or be excluded in eternity.
- ☐ I fear that my loved ones will go to hell.
- ☐ I fear that my doubts indicate I'm not truly saved.
- ☐ I fear that unseen evil forces will control or harm me.
- ☐ I fear that if I'm angry at God he will reject me.
- ☐ I feel compelled to confess my failures to others.

CYNICISM

- ☐ I often assume that religious people are judging me unfairly.
- ☐ I often feel resentful toward religious leaders.
- ☐ I suspect that religious leaders don't actually believe what they teach.
- ☐ I suspect that religious leaders don't want people to be happy.
- ☐ I suspect that religious leaders don't want people to enjoy sex.
- ☐ I suspect that God is cruel or indifferent to my suffering.