

Religious Trauma

Starts With Adverse Religious Experiences

If you or a loved one are experiencing any of the following, consider how these practices, doctrines, belief systems, and yes, abuses may contribute to a trauma response loop in the nervous system. The following are common but not exhaustive experiences.

ABUSE	COMMUNAL PRACTICES <i>(to exposes or question these practices can lead to loss of this community – seek out other sources of support when doing this!)</i>		
Emotional		Forced Confessions	Terrorism
Verbal		Information Privation	Love Bombing / Trauma Bonding
Physical		Scapegoating / Othering Identity	Stalking / Harassment
Sexual		Disruption	Forced Conversion
	Public Outing / Stigmatizing / Branding	Emotional Manipulation	Conversion Therapy
NEGLECT		Phobia Induction	Forced Ritual Performance
Emotional	Shunning / Excommunication	Dress / Behavioral Control	Substance Abuse
Verbal	Brainwashing / Forced Indoctrination	Segregation	Financial Fraud
Physical	Social / Familial Isolation	Community Violence	Financial, Sexual, or Other Exploitation
Sexual		Bullying / Threats / Intimidation	

Adverse Religious Experienced, particularly multiplied and over time may lead to

Trauma Responses

Such as: **CHRONIC ANXIETY - DEPRESSION - SUICIDAL IDEATIONS – NIGHTMARES/FLASHBACKS - SELF-HARM - CHRONIC FEAR - CHRONIC SHAME - CHRONIC STRESS - CHRONIC HEALTH CONDITIONS - MENTAL HEALTH CHALLENGES - RISKY BEHAVIORS - SOCIAL/RELATIONSHIP CHALLENGES.**

PTSD and Complex PTSD are common and treatable.

There is NO SHAME in getting professional help in dealing with these responses. Wholeness and healing are not signs of weakness but strength.