

Religious Trauma can look like:

- Deep or chronic shame about being personally responsible for Christ's death, being a sinner, or not living up to theological expectations
- Feelings of unworthiness, being unlovable, or bad in some way
- Fear of rejection by a deity or a faith community
- Lack of self-compassion
- Lack of personal autonomy - an entrained belief that one's life is for a deity's sole purpose, leading to challenges with making decisions, creating personal boundaries and providing intentional consent
- Feeling that they can't trust themselves, their body or their emotions - dis-regulated emotions
- Growing up with chronic fear or anxiety around salvation, rapture, hell, Satan, or demons
- Superstitious beliefs about what will lead to positive and negative outcomes in life
- Perfectionism or hyper-vigilance - fear of making mistakes
- Extreme dualistic thinking - judging every individual thought or action as good or bad
- Spiritual bypassing - denying the presence and validity of mental health issues due to a belief that those feelings come from Satan or a lack of faith and if they pray enough or are favored then a deity will take it away
- Difficulty with experiencing pleasure - viewing it as being selfish
- Feeling bad or wrong for having sexual thoughts or feelings, or having physical reactions to sexual situations such as crying or disconnecting from the physical body
- Denying sexuality based on belief
- Supporting conversion therapy or faith based "change" therapy