

# Spiritual Abuse Questionnaire

**Instructions:** Please consider your current or previous involvement in a Christian or Bible-based church or group (ex: a church, student organization, missions organization, etc.). Respond by checking the box that most closely matches your experiences in that group. **If you have been involved in more than one church or group, please answer according to the church/group that stands out to you the most.**

If the church/group that stands out to you the most is one in which you are currently involved, please answer the items as if they are written in the present (felt-->feel, etc).

**On a continuum of: Strongly Disagree.....Disagree.....Agree.....Strongly Agree**

1. It was acceptable to express my true emotions in my church/group.®
2. Leaders in my group acknowledged the harm they caused to others.®
3. I know some religious leaders shared information about other people (through prayer requests or otherwise) that should have been kept private.
4. I believed that God's love and acceptance of me was dependent upon my performance in the church/group.
5. I currently have no trouble trusting religious leaders/churches/groups.®
6. I no longer trust myself to find a good spiritual community.
7. I was harshly criticized by religious leaders or church/group members.
8. I felt like a spiritual failure and I depended on my leader/church group to "get it right".
9. I believed God would punish me if I didn't do what my church/group encouraged me to do.
10. I now feel cynical about church/religious groups.
11. I felt freedom to ask questions or express concerns in my church/group.®
12. I felt dependent on the church/group.
13. My religious leaders used fear to control people.
14. I know that I or others were asked to serve as the "eyes and ears" for our leader to get information about our members.
15. At times, I was scolded by my leader and made to feel ashamed and helpless.
16. I believed I could be totally surrendered to God if I did everything perfectly according to the church/group's instructions.
17. I now feel lonely and misunderstood because of my church/group experiences.

® Means reverse score

Created by Kathryn Keller, Ph.D. as a part of her doctoral dissertation

"Development of a Spiritual Abuse Questionnaire"

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