

Religious Trauma Inventory

This is a list of common thoughts, beliefs, and fears that religious trauma survivors experience. As you go through the list, notice any body sensations, emotional reactions, or automatic thoughts that might be clues about how religious trauma is impacting you.

Check the statements that reflect your **current or past** mindset.

- 1) Evil spiritual forces are looking for ways to hurt, tempt, or control me.
- 2) I'm in danger of being excluded or punished in the afterlife.
- 3) My loved ones are in danger of being excluded or punished in the afterlife.
- 4) My salvation depends on me believing and doing the right things.
- 5) It's my responsibility to tell non-believers about the truth.
- 6) I need to be prepared for a spiritual reckoning when the world ends.
- 7) God is always watching and knows when I do bad things.
- 8) I need to stay on guard against worldly ideas and influences.
- 9) I should be willing to sacrifice my life for my beliefs.
- 10) My religious leaders will find out and punish me if I disobey the rules.
- 11) Other people are always watching me to see if I'm a true believer.
- 12) Non-believers want to hurt me or tempt me to do bad things.
- 13) Non-believers are going to persecute me for my beliefs.
- 14) People who speak against my beliefs are being influenced by evil.
- 15) I deserve punishment because I'm a bad person.
- 16) No matter how hard I try, I'll never be good enough spiritually.
- 17) I need to confess all of my failures if I want to be forgiven.
- 18) Without God and my religion to guide me, I will do evil things.
- 19) When bad things happen to me, it's because I did something bad.
- 20) My emotions and intuitions can't be trusted.
- 21) I'm a naturally prideful person and I need to be humbled.
- 22) Prioritizing my own physical and emotional needs is selfish.
- 23) I need to prevent myself and others from having impure sexual thoughts.
- 24) My sexual attractions are wrong or disgusting.
- 25) I should always serve God and other people, no matter how tired I am.
- 26) I should always look out for spiritual signs and warnings.
- 27) There's only one right spiritual path; all others lead to suffering.

- 28) My whole identity should be based on my religious beliefs.
- 29) I need to resist worldly temptations like money, power, and sex.
- 30) God has complete control over what happens in my life.
- 31) God designed a clear system of right and wrong that can't be questioned.
- 32) If I'm a true believer, I should never have doubts about my faith.
- 33) If I'm a true believer, I should never feel anxious or depressed.
- 34) If I'm a true believer, I should be joyful and grateful at all times.
- 35) I should never be angry toward God or other people.
- 36) I should condemn someone's bad lifestyle, even if I love them.
- 37) I should always forgive and reconcile with people who hurt me.
- 38) I should never keep anything secret from other believers.
- 39) I should always defend and be loyal to my religious group.
- 40) I should always submit to people that God has placed in authority.

Interpretation

If you connected with multiple items on this list, you've definitely had some adverse religious experiences. If you noticed signs of nervous system activation while completing this inventory (i.e. fast heart rate, tightness of chest, stomach ache, shoulder tension, etc.), you've likely experienced religious trauma. Take a moment to focus on regulating and try to offer yourself gentle compassion. Counseling with a trauma-informed therapist is highly recommended.

Need help finding a religious trauma therapist? [Check out our directory.](#)