



Surviving
Religious
Narcissism

CARVE YOUR OWN PATH

ONE OF THE MOST UNFORTUNATE LEGACIES OF RELIGIOUS CHURCH ABUSE IS THAT SURVIVORS OFTEN FIND THEMSELVES LIVING LIVES THAT DON'T FIT THEIR PERSONALITY OR PURPOSE. THEY FEEL STUCK WAITING FOR A "BREAKTHROUGH" THAT NEVER COMES. ANSWERING THE QUESTIONS BELOW CAN HELP US REALIGN OUR LIVES TO WHAT THEY SHOULD HAVE ALWAYS BEEN. ONCE WE REFLECT AND WRITE DOWN OUR ANSWERS, WE CAN BEGIN MAKING DECISIONS THAT ARE TRULY ALIGNED WITH OUR TRUE SELVES AND PURPOSE. LIVING OUR LIVES AS OUR TRUE SELVES BRINGS JOY AND PEACE INTO OUR LIVES. IT EMPOWERS US TO FIND THE RIGHT FRIENDS, PARTNERS, AND OPPORTUNITIES.

1- WHO/HOW WAS I TOLD I HAD TO BE?

2- WHAT DID I SACRIFICE BECAUSE I THOUGHT I HAD TO? WHAT DID I SACRIFICE THAT I DIDN'T WANT TO?

3- HAVE I MUTED ASPECTS OF MY PERSONALITY BECAUSE I THOUGHT I HAD TO, OR WAS TOLD THAT I HAD TO? IF SO, WHAT?

4- DID I GIVE UP MY DREAMS AND AMBITIONS BECAUSE I THOUGHT I HAD TO, OR WAS TOLD I HAD TO? IF SO, WHAT?

5- DO I TOLERATE PEOPLE AND SITUATIONS I DON'T PREFER OUT OF OBLIGATION OR GUILT? IF SO, WHO, WHAT, AND WHY?

6- WHAT AM I LIKE? WHAT IS MY TRUE PERSONALITY? (EXAMPLES: FRIENDLY, INTROVERTED, OPEN-MINDED, INDEPENDENT, BOLD...)

7- HOW IS MY TRUE PERSONALITY DIFFERENT FROM THE PERSON I WAS FORCED TO BE OR HAVE FELT I HAD TO BE?

8- IF I HAD NOTHING HOLDING ME BACK, WHAT WOULD I DO FOR A LIVING?

9- IF I HAD NOTHING HOLDING ME BACK, WHAT WOULD I LIKE TO DO WITH MY FREE TIME? WHAT HOBBIES AND INTERESTS WOULD I ENJOY?

10- IF I HAD NOTHING HOLDING ME BACK AND NO ONE TO JUDGE ME, HOW WOULD I DRESS? HOW WOULD I WEAR MY HAIR? MY MAKEUP? MY JEWELRY?

11- IF I HAD NOTHING HOLDING ME BACK AND NO ONE TO JUDGE ME, HOW WOULD I SPEAK? WHAT WOULD I SAY?

12- WHAT KIND OF PEOPLE DO I WANT TO SPEND MY TIME WITH? WHAT KIND OF PEOPLE INTEREST ME? WHAT QUALITIES DO I MOST ENJOY IN OTHERS?

13- WHAT MAKES ME HAPPY? WHAT GIVES ME A SENSE OF PURPOSE

14- WHAT ARE THE TRUE DESIRES OF MY HEART?

15- IN THE LEFT COLUMN BELOW, WRITE DOWN THE TRAITS, BEHAVIORS, ATTITUDES, WORLDVIEW, LIFESTYLE, PROFESSION, INTERESTS, RELATIONSHIPS, AND SOCIAL INTERACTIONS OF THE PERSON YOU BECAME DUE TO HIGH-CONTROL RELIGION OR TOXIC THEOLOGY. IN THE RIGHT COLUMN BELOW, WRITE DOWN THE TRAITS, BEHAVIORS, ATTITUDES, WORLDVIEW, LIFESTYLE, PROFESSION, INTERESTS, RELATIONSHIPS, AND SOCIAL INTERACTIONS THAT YOU PREFER OR WOULD BE AUTHENTIC TO YOUR TRUE SELF.

THE FALSE ME	THE TRUE ME

NOTE: WRITING EXERCISES CAN BE POWERFUL WHEN THEY INFLUENCE YOUR PERCEPTION AND SHAPE YOUR DAY-TO-DAY CHOICES. BE SURE TO SAVE THIS COMPLETED WORKSHEET IN A SAFE PLACE. REREAD IT EVERY DAY FOR ABOUT A WEEK. AND THEN, ONCE IN A WHILE. DON'T BE SURPRISED IF YOU EXPERIENCE MAJOR SHIFTS IN YOUR LIFE.