



## UNRAVEL TOXIC THEOLOGY

RELIGIOUS BELIEFS AND THEORIES CAN BE TOXIC WHEN THEY LEAD TO HARM. THE HARM CAN BE PHYSICAL, PSYCHOLOGICAL, FINANCIAL, SPIRITUAL, OR EMOTIONAL. TOXIC THEOLOGY CAN EVEN RUIN YOUR LIFE OR THE LIVES OF PEOPLE AROUND YOU. ANSWERING THE QUESTIONS IN THIS WORKSHEET CAN HELP YOU CONFRONT AND CHALLENGE THE TOXIC RELIGIOUS BELIEFS THAT HAVE CAUSED YOU HARM. *NOTE: THE PURPOSE OF THIS EXERCISE ISN'T TO CONVINCe ANYONE TO LEAVE THEIR FAITH, REMAIN IN IT, OR REFRAME IT. IT IS DESIGNED TO HELP YOU MAKE YOUR OWN DECISIONS AND CARVE OUT THE PATH THAT IS BEST SUITED FOR YOU.*

1- ARE THERE RELIGIOUS BELIEFS THAT YOU WERE TAUGHT OR THAT YOU HAVE HELD THAT HAVE BEEN HARMFUL TO YOU? IF SO, WHAT ARE THEY?

2- HOW HAVE THEY HARMED YOU? (EXAMPLES: CONFIDENCE, FINANCIAL, MENTAL HEALTH, SAFETY, RELATIONSHIPS...)

3- DID ANYONE BENEFIT FROM THE BELIEFS LISTED IN YOUR ANSWER TO QUESTION #1? IF SO, WHO? HOW DID THEY BENEFIT?

4- WERE YOU LEFT FEELING FEAR, SHAME, GUILT, ANGER, GRIEF, UNWORTHINESS, HELPLESSNESS, OR OTHER NEGATIVE EMOTIONS DUE TO THESE BELIEFS? IF SO, HOW HAVE THESE EMOTIONS AFFECTED YOU?

5- HAVE YOU PERMITTED YOURSELF TO QUESTION YOUR RELIGIOUS BELIEFS?

6- WHAT QUESTIONS DO YOU HAVE?

7- CONSIDERING YOUR EXPERIENCES, ARE THERE ANY RELIGIOUS BELIEFS THAT YOU HAVE HELD THAT ARE NO LONGER SERVING YOU OR HAVE BEEN TOXIC TO YOU?

8- CONSIDERING YOUR EXPERIENCES, ARE THERE ANY RELIGIOUS BELIEFS THAT YOU HAVE HELD THAT YOU WOULD LIKE TO CHALLENGE OR RECONSIDER?

9- CONSIDERING YOUR EXPERIENCES, ARE THERE ANY RELIGIOUS BELIEFS THAT YOU HAVE HELD THAT YOU WOULD LIKE TO LET GO OF?

10- DOES IT SCARE YOU TO LET GO OF THE BELIEFS LISTED IN YOUR ANSWER FOR #9? IF SO, WHAT SCARES YOU ABOUT IT?

11- WHAT WOULD BE THE BENEFIT(S) OF LETTING GO OF THE BELIEFS LISTED IN YOUR ANSWER TO #9?

12- IN THE LEFTMOST COLUMN BELOW, LIST THE RELIGIOUS BELIEFS IN QUESTION. IN THE MIDDLE COLUMN, DESCRIBE THE PROS OF HOLDING ON TO EACH BELIEF LISTED. IN THE RIGHTMOST COLUMN, DESCRIBE THE CONS OF HOLDING ON TO EACH BELIEF LISTED.

BELIEF	PROS	CONS

13- BASED ON YOUR RESPONSE TO #12, FOR EACH ITEM, DO THE PROS OUTWEIGH THE CONS, OR DO THE CONS OUTWEIGH THE PROS?

14- BASED ON YOUR RESPONSES TO THE ABOVE QUESTIONS, ARE THERE CHANGES YOU WOULD LIKE TO MAKE IN YOUR LIFE OR BELIEF SYSTEM? IF SO, WHAT ARE THEY?

15- BASED ON YOUR RESPONSES TO THE ABOVE QUESTIONS, ARE THERE THINGS YOU WOULD LIKE TO KEEP THE SAME? IF SO, WHAT ARE THEY?

16- CHALLENGING OUR BELIEFS CAN CAUSE CONSIDERABLE STRESS AND ANXIETY. ARE THERE SIMPLE THINGS YOU CAN DO TO MANAGE THAT STRESS? (EXAMPLES: TAKE WALKS, CALL A FRIEND, DEEP BREATHE...) CAN YOU COMMIT TO DOING THOSE THINGS?

17- BASED ON YOUR ANSWERS TO THE ABOVE QUESTIONS, WHAT WOULD YOU LIKE YOUR NEXT STEPS TO BE?