



RELIGIOUS ABUSE CHECKLIST

BELOW ARE SIGNS AND EXAMPLES OF RELIGIOUS ABUSE. IF YOU BELIEVE THAT YOU MAY HAVE BEEN A VICTIM, ANSWERING THE QUESTIONS BELOW CAN HELP BRING CLARITY TO YOUR EXPERIENCE. THIS IS NOT AN EXHAUSTIVE LIST, BUT IT IS A GOOD STARTING POINT.

DESCRIPTION	YES/NO
WAS RELIGION USED TO INSTILL FEAR, GUILT, OR SHAME?	
WAS OBEDIENCE TO RELIGIOUS AUTHORITY DEMANDED?	
WAS CURIOSITY DISCOURAGED? WERE QUESTIONS TREATED AS REBELLION OR SIN?	
WERE THERE CLAIMS THAT A RELIGIOUS LEADER HAD EXCLUSIVE ACCESS TO GOD?	
WERE YOU ISOLATED FROM FRIENDS, FAMILY, AND/OR COMMUNITY?	
WERE YOU PRESSURED TO SACRIFICE YOUR BOUNDARIES FOR THE SAKE OF THE GROUP?	
WERE YOU EXPECTED TO REJECT OUTSIDE KNOWLEDGE?	
WERE YOU CONTROLLED THROUGH PROPHECY OR VISIONS?	
WAS LEAVING THE GROUP FORBIDDEN?	
WERE YOUR PERSONAL CHOICES CONTROLLED, INCLUDING ATTIRE, FINANCIAL DECISIONS, POLITICAL AFFILIATION, AND/OR FREE TIME?	
WERE YOU OSTRACIZED OR HUMILIATED FOR NOT CONFORMING?	
WERE YOU FORCED OR COERCED INTO SPIRITUAL PRACTICE OR RITUALS AGAINST YOUR WILL?	
WERE YOU TOLD THAT YOU WOULD SUFFER DIVINE PUNISHMENT OR HELL IF YOU DIDN'T ALIGN WITH RELIGIOUS LEADER(S) OR GROUP?	
WERE YOU DISCRIMINATED AGAINST FOR YOUR SEXUAL ORIENTATION OR GENDER IDENTITY?	
WERE YOU DISCRIMINATED AGAINST FOR YOUR RACE, ETHNICITY, OR IMMIGRATION STATUS?	

DESCRIPTION	YES/NO
WERE YOU FORCED TO BE SUBMISSIVE OR SILENCED BASED ON YOUR GENDER?	
DID RELIGIOUS LEADERS YELL OR SPEAK TO YOU IN CRUEL, HUMILIATING, OR INSULTING WAYS?	
DID YOU EXPERIENCE SEXUAL ADVANCES/HARASSMENT/COERCION/ ABUSE/ASSAULT FROM RELIGIOUS LEADER(S)?	
DID RELIGIOUS LEADER(S) COERCE YOU OR TRY TO COERCE YOU INTO SEXUAL ACTIVITY, CLAIMING IT WAS GOD'S WILL?	
WAS THERE SEXUAL HARASSMENT/COERCION/ABUSE/ASSAULT WITHIN THE GROUP THAT LEADERS ALLOWED OR ENCOURAGED?	
WAS THERE PHYSICAL VIOLENCE TAKING PLACE FROM LEADER(S)?	
WAS THERE PHYSICAL VIOLENCE TAKING PLACE WITHIN THE GROUP THAT LEADERS ALLOWED OR ENCOURAGED?	
WAS PHYSICAL OR SEXUAL ABUSE/ASSAULT COVERED UP BY RELIGIOUS LEADER(S) OR THE GROUP?	
DID RELIGIOUS LEADER(S) OR THE GROUP FAIL TO REPORT PHYSICAL OR SEXUAL ABUSE/ASSAULT TO LAW ENFORCEMENT?	
WERE THERE CRIMES, INCLUDING SEXUAL OFFENSES, COMMITTED AGAINST MINORS?	
WERE CRIMES, INCLUDING SEXUAL OFFENSES, COMMITTED AGAINST MINORS COVERED UP BY RELIGIOUS LEADERS(S) OR THE GROUP?	
DID RELIGIOUS LEADER(S)/OR THE GROUP FAIL TO REPORT CRIMES AGAINST MINORS TO LAW ENFORCEMENT OR CHILD PROTECTIVE SERVICES?	
WERE YOUR CONCERNS DISMISSED OR MISLABELED AS SIN, LACK OF FAITH, OR UNFORGIVENESS? WERE YOU ACCUSED OF IMAGINING HARM?	
WERE YOU SILENCED THROUGH COERCION, INTIMIDATION, OR THREATS AFTER REPORTING ABUSE?	
WERE YOU ACCUSED OF BEING A SINNER OR LACKING IN FAITH DUE TO BEING NEURODIVERGENT?	
WERE YOU ACCUSED OF BEING A SINNER OR LACKING IN FAITH DUE TO MENTAL OR PHYSICAL HEALTH STRUGGLES?	
WERE YOU ACCUSED OF BEING A SINNER OR LACKING IN FAITH DUE TO BEING DISABLED?	
WERE YOU FORBIDDEN TO SEEK MEDICAL OR MENTAL HEALTHCARE? WERE YOU PRESSURED TO STOP TAKING PRESCRIPTION MEDICATION?	
WERE YOU DENIED FORMAL EDUCATION?	
DID RELIGIOUS LEADERS(S) OR THE GROUP DECIDE OR TRY TO DETERMINE WHO YOU COULD DATE OR MARRY?	
WERE YOU PRESSURED TO REMAIN MARRIED AGAINST YOUR WILL OR TO AN ABUSIVE PERSON?	