

**RELIGIOUS
POWER &
CONTROL**

LOSS OF AUTONOMY

Shutting down intuition/personal thought and opinion * inability to trust yourself * resources spent on religious activities * "di" must believe "think" act like the authority and excommunication held accountable * deferring decision making to spiritual authority * "no critical thinking"

ISOLATION

Cutting off relationships with people outside the system * information control * reporting back where time/money was spent * increased level of commitment to the systems activities * devaluing people not in the religious system * fear/propaganda regarding motives of people outside the system

MINIMIZING, DENYING, BLAMING

Saying the abuse didn't happen * denying the severity of what happened * "victim blaming" * calling things "sin issues" vs. abuse * requiring forgiveness * taking ownership for how someone else's actions harmed you * downplay need for secular actions (e.g. police) * denying illegal sense, emotion or experience * placating statements (e.g. "he's a sinner too, just like you.")

EMOTIONAL ABUSE

Name calling (e.g. "sinner") * required to suppress parts of yourself * reliance on external authority * fear of consequences for breaking rules * possible brainwashing/indoctrination/abandonment for thinking differently/relying on different info and emotions * devaluing of body and emotions * coercion and manipulation

SEXUALITY & GENDER

Defining (rigid) gender roles * inherent sinfulness of specific sexual expressions * gender binaries * belief in one gender being greater * patriarchal values * punishing for remnants of sexual activity * declaring gender and activity different than prescribed gender as relational * punishing of sexual role of sexuality * blaming of sexual role victims * male referring to "you got as the" "you got as the" "you got as the" "you got as the"

ECONOMIC CONTROL

Requiring a portion of paycheck to go to church * unpaid volunteer commitments * devaluation of education (especially women) * must trust god to provide charity or personal action * guilt tripping over needing money to the church * "God should meet all of your needs"

THREATS, ACCUSATIONS & INTIMIDATION

Threatening abandonment or excommunication * leaving the church = outside the group * fear of going to hell * accusing you of going against god * require you to do, say, or believe something * not allowing you to seek external help (e.g. medical, police)

SPIRITUAL ABUSE

Required to submit to spiritual authorities * "no accountability for spiritual decisions made on your behalf" * "the Bible requiring group rules" * threat- severe behavior/beliefs/for not following consequences allowed to ask questions * non-adherence to social rules * use of holy text or position to oppress or abuse