Assessment of Spiritual Abuse

Healthy spiritual intimacy

My spiritual and religious convictions are respected and honored and are allowed to uplift, inspire, encourage and empower me. They are not used against me to control me, demean, shame or belittle me. My partner supports and encourages me in my religious beliefs.

## Unhealthy, destructive or abusive spirituality (Using beliefs, doctrine, or spiritual arguments to coerce or manipulate in an attempt to control)

Check all that apply to you:

* My partner uses what he/she knows I hold sacred in order to get me to do what he/she wants
* My partner twists religious doctrines or ideas to try to manipulate me
* My partner uses spiritual or religious arguments to try to keep me from setting boundaries or from being upset with him
* My partner uses spiritual or religious arguments to suggest my feelings are bad or wrong
* My partner tells me that they have received inspiration for me on what I should or shouldn’t do
* My partner uses religious doctrine as evidence that I cannot separate from or divorce them
* My partner tells me I must forgive him/her for serious hurts he/she has caused when he/she does not like being reminded of the pain I feel, or I try to set boundaries to protect myself from further harm
* My partner presents a self-righteous image within our faith community as part of an effort to discredit my experience of him or her and/or to decrease the chances I would be believed if I spoke out about my reality.
* My partner has told lies about me and/or has shared private information about my life to religious leaders/members of our religious community in an effort to distort perception about me.
* My partner attempts to make false equivalency between my shortcomings and his or her issues (e.g., you’re not perfect either).

### Using beliefs, doctrine, or spiritual arguments to demean or belittle

* My partner uses scripture and/or doctrine to try to make me feel bad, sinful or worthless
* My partner uses spiritual or religious arguments to try to convince me there is something wrong with me
* My partner belittles me for my religious convictions
* My partner mocks or ridicules my spiritual beliefs
* My partner uses my beliefs to try to shame me

### Restricting or forcing

* My partner restricts my ability to go to places of worship or participate in spiritual or religious activities
* My partner tries to force his/her beliefs or participation in his/her religious activities on me