

Adverse Religious Experiences Questionnaire

Have you every thought that God does not love or accept you because of what you were told in a religious setting?

In a religious setting, have you ever been shamed or humiliated?

Because of religious pressure, have you treated other people in a way you now regret?

Due to religious pressure, have you every compromised your intellectual, emotional, or moral self?

In a religious setting, have you every been passed over, singled out, or treated differently because of your race, gender, or social status?

Have you ever been excluded or expelled from participation in religious activities or shunned from a religious community?

To avoid trouble or exclusion, have you ever “gone along with” or participated in religious activities or practices with which you did not agree or feel comfortable?

Have you ever experienced abuse which was ignored, mishandled, or caused by a religious authority figure or belief? (This abuse includes verbal, sexual, physical, emotional, etc.)

Were you encouraged to re-enter a harmful, abusive, or dangerous situation after consulting with a pastor, Christian counselor, or other religious person?

Have you ever been exposed to or been part of a religious community where severe discord, a split, or a fracture has occurred?

Were you encouraged to participate in the dismissal or ousting of a religious leading or community member?

Have you been forced to “choose sides” concerning a religious leader, belief, person, or situation?

Do you ever feel triggered, experience anxiety, or anger when you anticipate participating in a religious event, being around religious people, or a religious setting?

Does being near a pastor, religious leader, church, or religious materials ever make you anxious or angry?

Do you experience negative anticipations causing you to avoid religious events, settings, people, or conversations?

Have you ever talked to a professional counselor, coach, or therapist about your hurtful experiences within a church or religious community?

Do you have strong, easily activated memories of the event of experience(s)?

Do your past religious experiences keep you from attending or participating in a religious environment or group?

Not a diagnostic tool

Developed by Rebekah Drumsta

Accessed at <https://rebekahdrumsta.com/resources>