

Symptoms of Religious Trauma

Emotional Symptoms

- Guilt and Shame: Feeling deeply flawed or unworthy, often tied to not meeting strict religious standards.
- Fear and Anxiety: Intense fear of divine punishment or eternal damnation.
- Self-Hatred: Internalizing messages that promote unworthiness or failure.

Cognitive Symptoms

- Intrusive Thoughts: Persistent doubts or fears related to moral or religious obligations.
- Ruminations on Sin or Punishment: Replaying thoughts about perceived wrongdoings or failures.
- Difficulty Trusting: Struggling with trusting others, authority figures, or even oneself.

Behavioral Symptoms

- Avoidance: Steering clear of religious discussions, symbols, or communities.
- Perfectionism: Overcompensating with behaviors to feel "good enough" or accepted.
- Reassurance-Seeking: Looking to others for validation of moral or religious correctness.

Physical Symptoms

- Chronic Stress: Manifesting as fatigue, headaches, or tension in the body.
- Panic Attacks: Overwhelming feelings of dread or fear, sometimes triggered by reminders of past religious experiences.

Social Symptoms

- Isolation: Withdrawing from family or community out of fear of judgment or rejection.
- Conflict: Struggles in relationships, especially with those who hold differing beliefs.