

RELIGIOUS TRAUMA SYNDROME

RTS is when someone is "beaten down" by authoritarianism and unbiblical religious rituals. They struggle to regain their emotional and physical health after being abused by church leadership and members. It is so important to find counselors and support that will help you to see the true love of God through the evil of how man distorts His Word and find true freedom in your faith.

WHAT RTS LOOKS LIKE

- Fear and anxiety
- Inability to make a solid decision on their own
- A need to people-please
- Black and white thinking
- An unhealthy fear of God's retribution
- Behaviors out of fear of church discipline
- Refusal to think on their own, allowing others to think for them
- Misinterpretation of Scripture
- Won't spend time with people of differing religious views
- Constant guilt and/or shame
- Difficulty making or keeping friends
- Feelings of displacement if you are leaving your faith
- Being uncomfortable with culture outside of the church you attended

GUARDING FROM RTS

- Confide in an adult you can trust (teacher, neighbor, safe relative, etc.)
- Call the authorities or a hotline if you are in physical danger.
- Gently speak truth into those who may be suffering from RTS.
- If you suspect something feels wrong, research! Look for resources online, read books, seek out counseling.

HEALING FROM RTS

- Breathing techniques to combat anxiety
- Sleep exercises to help regain restful sleep
- Nutritional help to get eating back on track
- EMDR (Eye Movement Desensitization and Reprocessing) in severe cases of trauma
- Strategies to cope with the stress and triggers
- Dance, yoga, or other exercise to get your body back in sync
- Validation of what you have experienced
- Respite time to hear what your body and mind is telling you
- Books to read and keep as references as you heal