



THE LINK BETWEEN SPIRITUAL ABUSE & NARCISSISM

Forms of Spiritual Abuse

1. Church leaders exercise a lack of trust.
2. Inappropriately bullying with Scripture.
3. Using church authorities against others.
4. Uses charm to fool others into trusting them.

How to Recognize Spiritual Abuse

1. Go to the Scriptures to gain insight.
2. Don't stay silent! Confide in someone to get a balanced view.
3. Recognize if Scripture is being used against you.
4. If you feel anxiety around that person, find out why.
5. Are you unable to express your thoughts and opinions?
6. Are you unable to argue fairly?

How to Avoid Spiritual Abuse

1. Confide in a few people to support you.
2. Keep all conversations written: texts, emails, or letters. Documentation will save you!
3. Be prepared for when the narcissist seeks to "punish" you for calling him out.