

FAITH CRISIS ESTIMATE OF DAMAGES

Don't resist the changes coming your way. Instead, let life live through you. Don't worry that your life is turning upside down. What if the life you've gotten used to was much worse than the one to come?

High demand, fundamental religions provide many of life's essentials, kind of like a Wal-Mart of human needs. When we go through a faith crisis and leave the church, many of these needs are cut off, which contributes to the crisis. Before going through the 8-week program, let's take a moment and see what the damages are and where things have ended up. Depending on what stage you are on the journey, you may have been able to re-establish some of these essentials.

On a scale of 1-10 1= non-existent 10= completely fulfilled, where do you feel you are, presently?

Family Relationships _____

Community (Connected to a supportive group of people) _____

Identity _____

Friends _____

Spirituality _____

Direction _____

Ability to be honest about your beliefs _____

Service/Contribution to Society/Helping others _____

Basic Needs (Food, Clothes, Financial Support) _____

Existential Security (Thoughts about death and the next life) _____

Personal Meaning and Purpose _____

Morality (Knowing your own morals) _____

Intellectual Security (Trust your ability to understand things) _____

Belonging/Connection _____

Emotional Stability _____

Trust Self _____ Others _____

Sense of Achievement _____

Creative Expression _____

Learning & Exploration _____

Now consider, although the volume of friends may have decreased tremendously after faith crisis, the quality of friends may have increased substantially. Does this change the number you put in initially?

In the Existential Security category, though the certainty about God and what happens in the next life may have completely dissolved, you may have experienced an increase of peace with the existential dilemma of mortality. Would this change your number?

Service may not be as often as when you were active in church, but it may feel more genuine and less obligated. Would this change your number?

Financial contributions may not be at 10% but when you do contribute, it may be more genuine and in alignment with your interests, which again, may have decreased the volume in that category but increase the quality. Would this change your number?

This might seem like making excuses to adjust the numbers. Be honest about how you want to answer but consider the quality and quantity of these essentials does affect their value in our life. I invite you start seeing things in a different way. This program will be about reframing how we view the world and what has happened to us regarding our experience with the religion.

By taking an assessment you can see where you might have gaps. You can focus on filling those gaps in a way that feels authentic to you. There will be a multitude of ideas come to mind as you continue along in the program.

1) What was the reason that cracked the religious paradigm for you?

- Historical reasons – Church history
- Social justice reasons – Policies on Blacks & the priesthood, LGBTQ+ policy, sexism
- Spiritual reasons – Not growing spiritually
- Ecclesiastical reasons/abuse – Unrighteous dominion, Spiritual abuse
- Mental Health reasons – Intense shame, inadequacy, church anxiety
- Other – Please explain _____

2) What did you love about being Mormon?

3) What, presently, is bringing you the greatest pain in the transition?

4) List 10 positive things about no longer being active in the church:

5) List 10 negative things about no longer being active in the church:

6) List the names of the relationships that have been impacted the most because of the transition?

7) Put a circle around the ones that are still vulnerable.

8) If you could create your world the way you wanted it to be, what would be different?