

Spiritual Abuse Questionnaire

Instructions: Please consider your current or previous involvement in a Christian or Bible-based church or group (ex: a church, student organization, missions organization, etc.). Respond by checking the box that most closely matches your experiences in that group. If you have been involved in more than one church or group, please answer according to the church/group that stands out to you the most.

If the church/group that stands out to you the most is one in which you are currently involved, please answer the items as if they are written in the present (felt-->feel, etc).

	Strongly Disagree	Disagree	Agree	Strongly Agree
1. It was acceptable to express my true emotions in my church/group ®	4	3	2	1
2. Leaders in my group acknowledged harm they caused to others ®	4	3	2	1
3. I know some religious leaders shared information about other people (through prayer requests or otherwise) that should have been kept private	1	2	3	4
4. I believed that God's love and acceptance of me was dependent upon my performance in the church/group	1	2	3	4
5. I currently have no trouble trusting religious leaders/churches/groups ®	4	3	2	1
6. I no longer trust myself to find a good spiritual community	1	2	3	4
7. I was harshly criticized by religious leaders or church/group members	1	2	3	4
8. I felt like a spiritual failure and I depended on my leader/church group to "get it right"	1	2	3	4
9. I believed God would punish me if I didn't do what my church/group encouraged me to do	1	2	3	4
10. I now feel cynical about church/religious groups	1	2	3	4
11. I felt freedom to ask questions or express concerns in my church/group ®	4	3	2	1
12. I felt dependent on the church/group	1	2	3	4
13. My religious leaders used fear to control people	1	2	3	4
14. I know that I or others were asked to serve as the "eyes and ears" for our leader to get information about our members	1	2	3	4
15. At times, I was scolded by my leader and made to feel ashamed and helpless	1	2	3	4
16. I believed I could be totally surrendered to God if I did everything perfectly according to the church/group's instructions	1	2	3	4
17. I now feel lonely and misunderstood because of my church/group experiences	1	2	3	4
Total:				

Scoring: Add up the numbers for each response (strongly disagree = 1, disagree = 2, agree = 3, and strongly agree = 4).
Note the ® means reverse score.

The higher the total score, the more spiritual abuse is endorsed. There is no minimum.

Created by Kathryn Keller, Ph.D. as a part of her doctoral dissertation
"Development of a Spiritual Abuse Questionnaire"
drkeller@dallastherapycollective.com