

I had freedom to decline participation in an activity without fear of negative consequences.	3	2	1	0	
Obedience to the individual or group was required to avoid negative consequences.	0	1	2	3	
I was permitted to question the teachings of the individual or group without fear of retaliation.	3	2	1	0	
I was isolated from others outside the spiritual community or relationship.	0	1	2	3	
				Control Score:	
I feel damaged by the experience.	0	1	2	3	
I believe my personal spiritual needs were neglected.	0	1	2	3	
I experienced negative physical symptoms due to my negative spiritual experience.	0	1	2	3	
My spiritual needs were exploited in order for the individual(s) to maintain power and/or control.	0	1	2	3	
I was blamed for causing trouble when I questioned the actions or beliefs of the individual(s) in power.	0	1	2	3	
				Harm Score:	
(Add the control and harm scores to calculate your total scores.) Total Score:					

SCORING: A total score of 12 or higher indicates spiritual abuse.