



Helper.help  
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210 Postage Way #1854  
Indian Trail, NC 28079

## Spiritual, Emotional, and Psychological Abuse Questionnaire

**Purpose:** This questionnaire is designed to help individuals identify potential patterns of emotional, psychological, and spiritual abuse within churches, ministries, leadership structures, or other faith-based relationships.

### Disclaimer

This questionnaire is intended for educational, self-reflective, and informational purposes only. It is not a diagnostic, clinical, legal, ecclesiastical, or investigative tool and should not be used as a substitute for professional advice, questionnaire, counseling, advocacy, legal counsel, or emergency services.

The presence or absence of any specific responses does not determine whether abuse has occurred, nor does it provide a definitive questionnaire of any individual, relationship, church, ministry, or situation. Human experiences are complex, and concerns raised through this questionnaire should be explored within the broader context of a person's circumstances.

If you are concerned that you may be experiencing emotional, psychological, spiritual, sexual, domestic, or other forms of abuse, consider seeking support from qualified professionals, such as a licensed mental health provider, trauma-specialized advocate, attorney, domestic violence professional, medical provider, or other appropriate resource.

If you believe you are in immediate danger, ***contact emergency services or a local crisis resource immediately.***

This questionnaire is designed to help identify patterns and prompt further reflection and conversation. It should not be relied upon as the sole basis for making legal, clinical, safety, ecclesiastical, or life-altering decisions.

Completing this questionnaire does not establish a client relationship with Help[H]er, nor does it constitute advocacy, counseling, legal advice, or crisis intervention services.

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### **Instructions:**

For each statement, select the response that best reflects your experience.

- Never
- Rarely
- Sometimes
- Often
- Frequently

### **Emotional**

1. My feelings or concerns are regularly dismissed, minimized, or invalidated.
2. I have been told that my emotions make me unreliable or unable to see situations clearly.
3. Church leaders or ministry leaders have reframed my concerns as evidence of immaturity, rebellion, bitterness, or lack of faith.
4. I have experienced silence, withdrawal, exclusion, or loss of communication after raising concerns.
5. I have felt shamed, belittled, mocked, or humiliated by leaders or influential members.
6. My motives have been assigned to me rather than explored with curiosity or openness.
7. I have been criticized in ways that diminished my confidence or self-worth.
8. Support or empathy appeared conditional upon my agreement, compliance, or submission.
9. My tone, emotions, or delivery were scrutinized more than the substance of my concerns.

### **Psychological**

10. I have been told that events did not happen the way I remember them.
11. I have been encouraged to doubt my own perceptions, memories, or understanding of events.
12. Leaders have provided explanations that seem to contradict earlier explanations.
13. Questions I raised were ignored, discouraged, or treated as threats.
14. I have been told that my concerns are causing division or harming the church.
15. My fear, anger, grief, confusion, or distress was treated as evidence that I could not be trusted.
16. Leadership authority was used to override or invalidate my experience.
17. Information relevant to decisions affecting me was withheld or selectively shared.
18. I have felt pressured to move on, forgive, reconcile, or stop asking questions before concerns were adequately addressed.

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19. I have questioned whether events happened the way I remember them because of repeated challenges to my perception.

## Spiritual

21. Scripture, theology, or spiritual language has been used to discourage me from raising concerns.
22. I have been told that submission, forgiveness, grace, unity, or humility require me to stop pursuing accountability.
23. Disagreement with leadership has been framed as rebellion against God or spiritual authority.
24. I have been told not to question leadership.
25. I have been told to give blanket trust to leadership.
26. Appeals to God's will, spiritual authority, or ministry reputation were used to influence my decisions.
27. I felt pressured to prioritize the church's reputation over my own safety or well-being.
28. Leadership's behavior was justified as loving discipline, discipleship, or spiritual correction.
29. My concerns were reframed as evidence of bitterness, pride, lack of forgiveness, or spiritual weakness.

## Institutional Response

29. I felt safe reporting concerns within my church or ministry.
30. I knew exactly where and how to report concerns.
31. I believed my report would be handled fairly and confidentially.
32. I was informed of available support resources and reporting options.
33. I felt believed when I disclosed concerns.
34. The institution prioritized safety over reputation management.
35. I had access to independent support or advocacy during the process.
36. I experienced retaliation, exclusion, or social consequences after speaking up.
37. Leadership communicated clearly and transparently throughout the process.
38. I felt respected, informed, and empowered in decisions affecting me.

## Impact

39. I frequently question my own judgment or perceptions.
40. I feel anxious when considering raising concerns with leaders.

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41. I struggle to trust my emotions or instincts.
42. I have become more isolated because of these experiences.
43. I feel pressure to remain silent about concerns.
44. I worry about being labeled divisive, rebellious, bitter, or unteachable.
45. I have experienced a loss of trust in church leadership.
46. I have experienced a loss of trust in myself.
47. I have experienced spiritual confusion or distress because of these experiences.
48. I believe these experiences have negatively affected my emotional, relational, or spiritual well-being.

## Reflection Questions

1. What happened that prompted you to complete this questionnaire?
2. What concerns are most significant to you right now?
3. What support systems do you currently have available?
4. What would help you feel safer, more informed, or more supported?
5. If you could change one aspect of your church or ministry's response, what would it be?

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