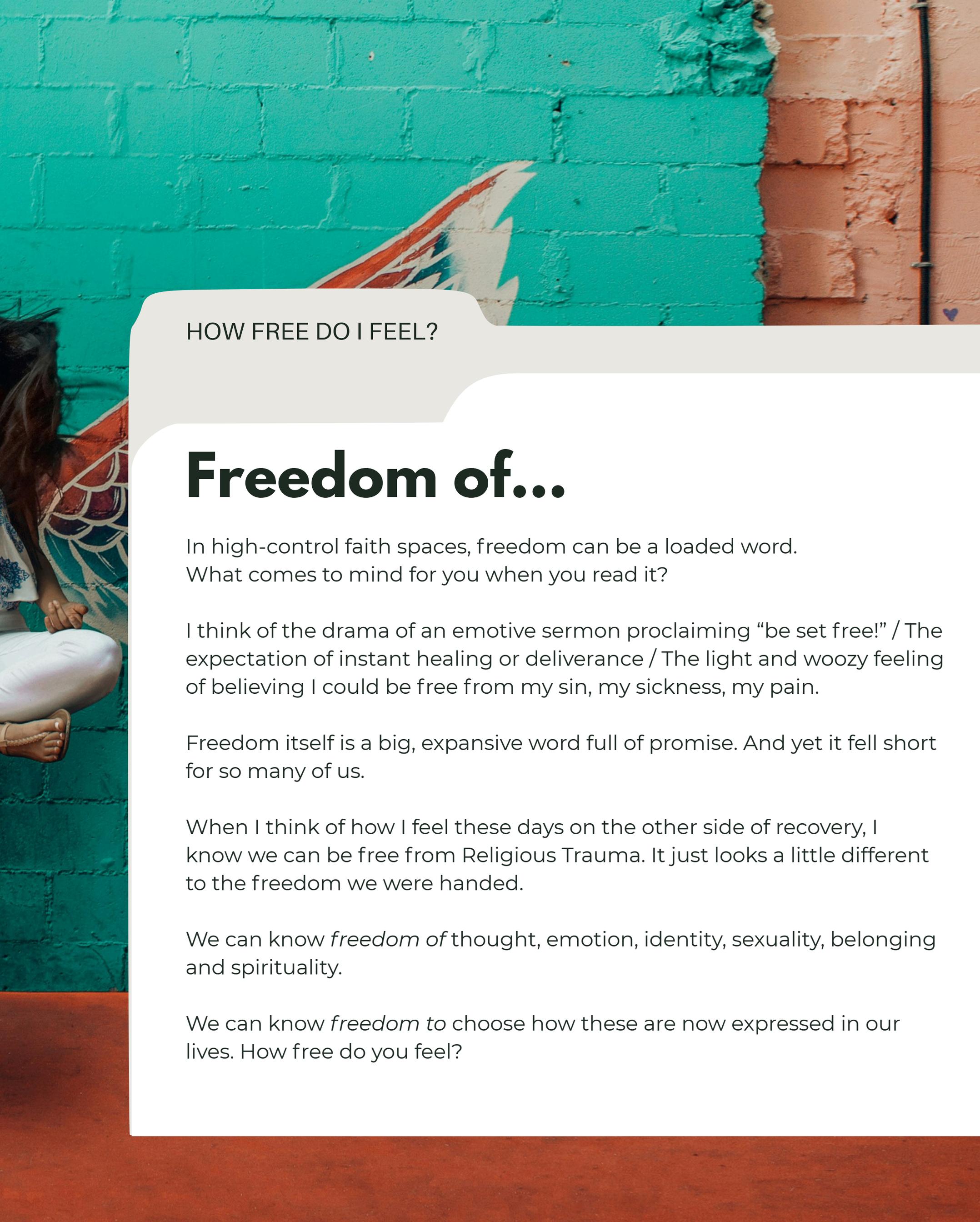


A woman with long dark hair is sitting on a teal brick wall. She is wearing a white top with blue floral patterns and white pants. The wall behind her has a mural of a winged figure with red and white wings. To the right, there is a section of the wall that is orange and appears to be peeling or damaged. A black pipe runs vertically down the orange wall. The overall scene is brightly lit, suggesting an outdoor setting.

MAP YOUR FREEDOM

a guide to
Begin healing
from religious
trauma

JANEKENNEDYCOUNSELLING.COM.AU

A woman with long dark hair, wearing a white patterned top and white pants, is sitting on a teal brick wall. The wall has a mural of a winged figure with red and white wings. The wall is partially covered in orange paint. A black pipe runs vertically on the right side of the wall.

HOW FREE DO I FEEL?

Freedom of...

In high-control faith spaces, freedom can be a loaded word. What comes to mind for you when you read it?

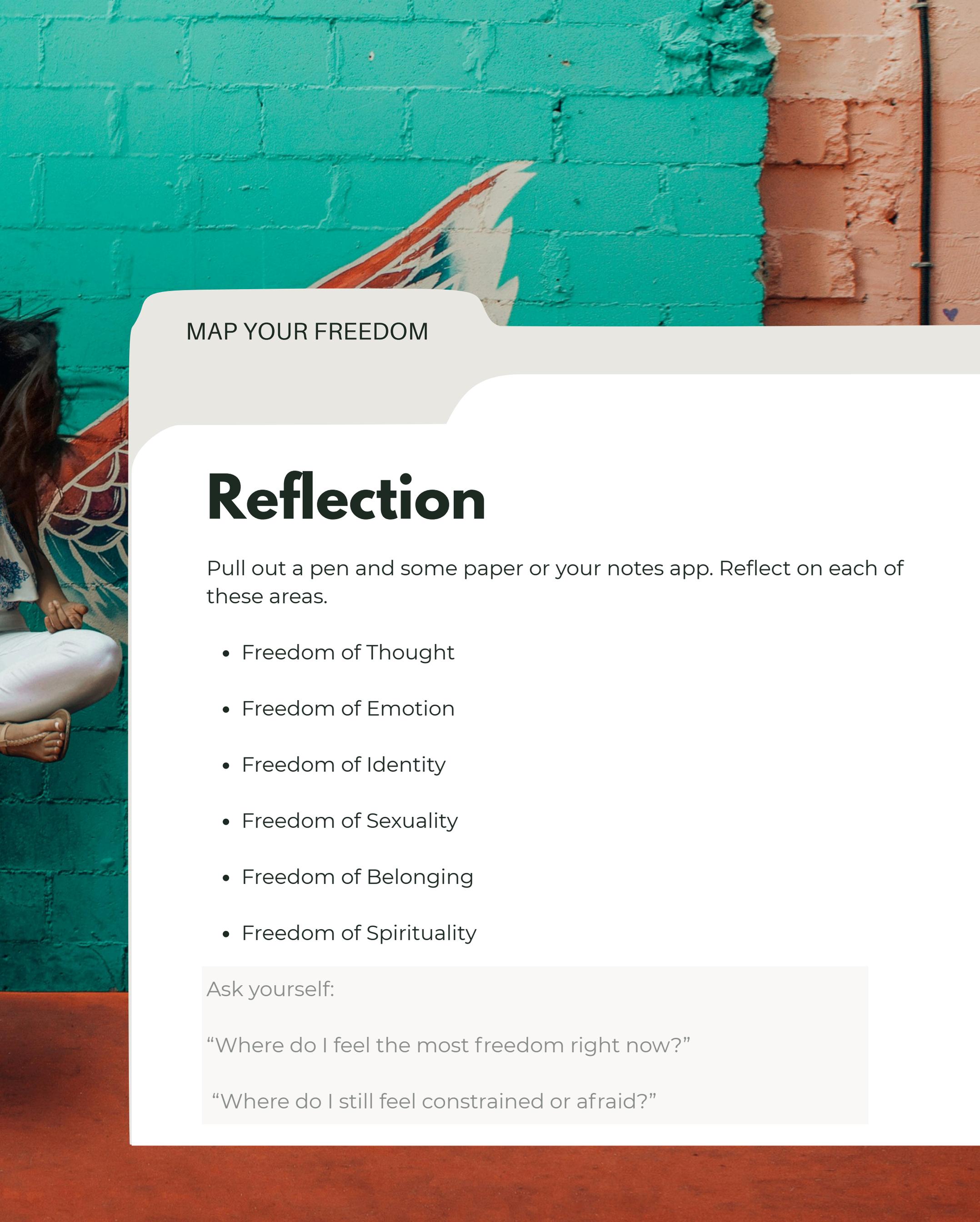
I think of the drama of an emotive sermon proclaiming “be set free!” / The expectation of instant healing or deliverance / The light and woozy feeling of believing I could be free from my sin, my sickness, my pain.

Freedom itself is a big, expansive word full of promise. And yet it fell short for so many of us.

When I think of how I feel these days on the other side of recovery, I know we can be free from Religious Trauma. It just looks a little different to the freedom we were handed.

We can know *freedom of* thought, emotion, identity, sexuality, belonging and spirituality.

We can know *freedom to* choose how these are now expressed in our lives. How free do you feel?

A woman with long dark hair is sitting on a teal wall. She is wearing a white top with blue floral patterns and white pants. The wall behind her has a mural of a woman's face with red and white features. To the right, there is a section of the wall that is orange and peeling. A black pipe runs vertically on the right side of the wall.

MAP YOUR FREEDOM

Reflection

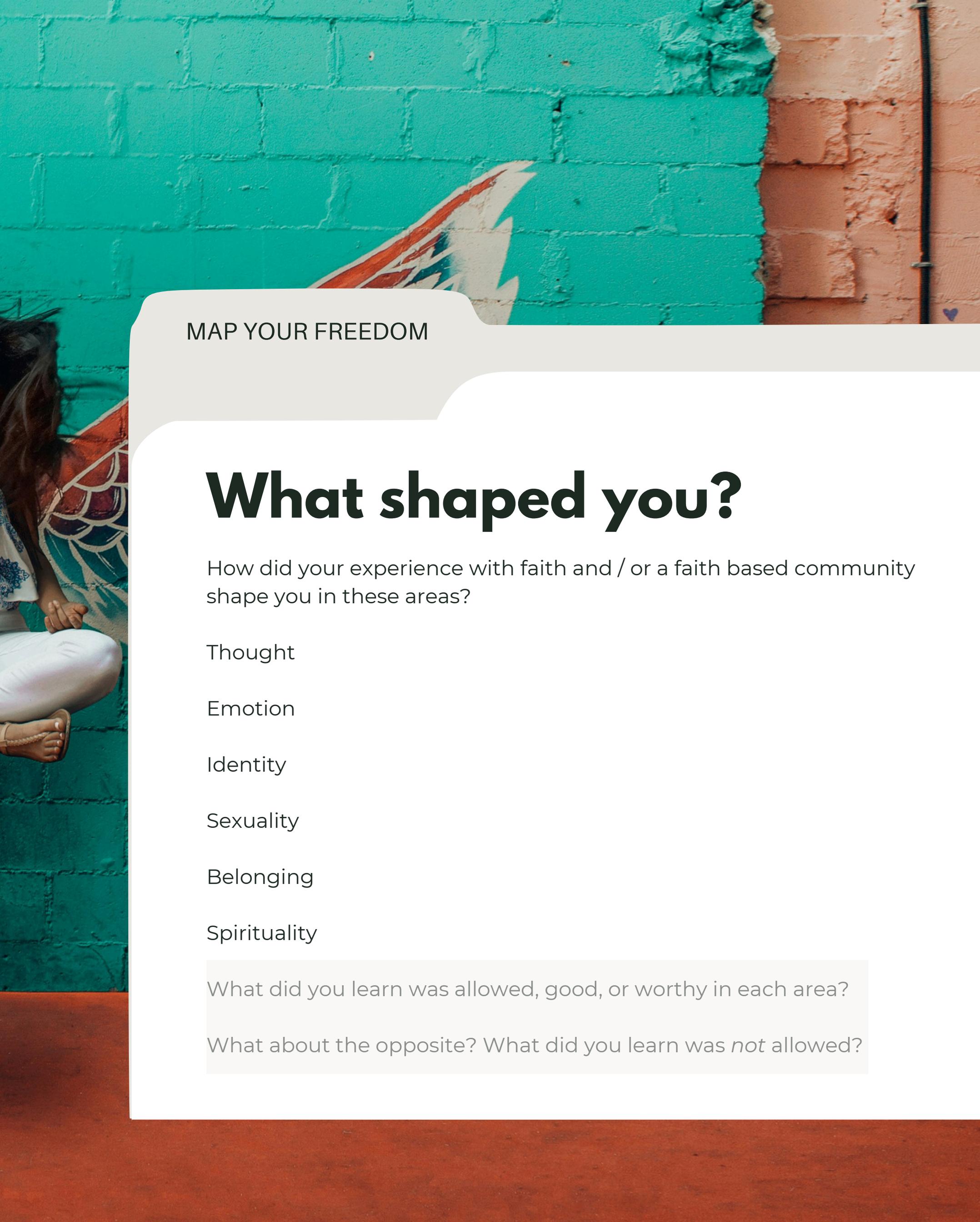
Pull out a pen and some paper or your notes app. Reflect on each of these areas.

- Freedom of Thought
- Freedom of Emotion
- Freedom of Identity
- Freedom of Sexuality
- Freedom of Belonging
- Freedom of Spirituality

Ask yourself:

“Where do I feel the most freedom right now?”

“Where do I still feel constrained or afraid?”

A woman with long dark hair, wearing a white patterned top and white pants, is sitting on a colorful wall. The wall is painted in shades of teal and orange, with a mural of a bird in flight. The woman is looking down, and her hands are clasped in her lap. The background is a textured wall with a mix of colors and patterns.

MAP YOUR FREEDOM

What shaped you?

How did your experience with faith and / or a faith based community shape you in these areas?

Thought

Emotion

Identity

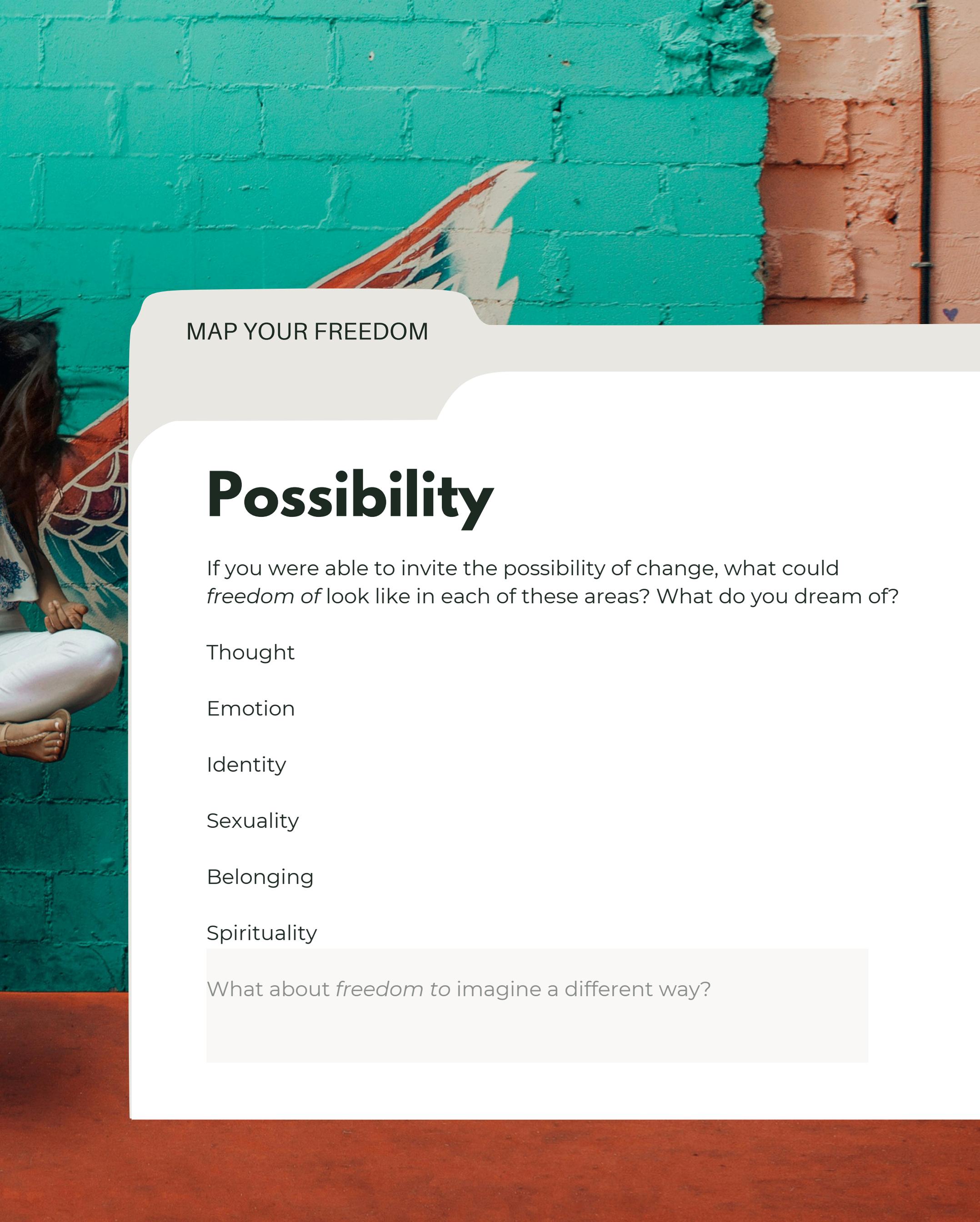
Sexuality

Belonging

Spirituality

What did you learn was allowed, good, or worthy in each area?

What about the opposite? What did you learn was *not* allowed?

A woman with long dark hair, wearing a white patterned top and white pants, is sitting on a teal wall. The wall has a mural of a winged figure with red and white wings. To the right, there is a section of the wall with peeling orange paint and a black pipe. The overall scene is vibrant and artistic.

MAP YOUR FREEDOM

Possibility

If you were able to invite the possibility of change, what could *freedom of* look like in each of these areas? What do you dream of?

Thought

Emotion

Identity

Sexuality

Belonging

Spirituality

What about *freedom to* imagine a different way?

MAP YOUR FREEDOM

The Shape of Freedom

If you could give freedom a texture, shape, colour, smell, sensation or image, what would it be?

Where do you experience this already in your life?

WHERE TO FROM HERE?





If you'd like to go a bit deeper, you may find my online resource "Freedom From Religious Trauma" helpful. It's the course I needed when my faith started to unravel and I lost my confidence in church.

"Freedom from Religious Trauma" provides tools for healing and rebuilding; for learning to trust ourselves and create new ways to be spiritual, or if that word is too loaded, grounded and present.

I asked on socials and in a survey, and the number 1 topic people wanted to unpack was faith deconstruction; followed closely by ways to navigate shame and guilt, and how to rebuild community. So we go there.

The Waitlist for the course, coming in March, [is here](#).

And if you'd like to find out more about Counselling with me you can make a time to do that [here](#).

You can also find me at [The Religious Trauma Collective](#) and on [Substack](#) as The Sentimental Non-Believer.

[CLICK HERE FOR FREEDOM RESOURCE](#)