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RELIGIOUS WOUNDS



What Are Religious Wounds?

Religious Wounds are not about blaming religion, spirituality, or any faith tradition.

They describe patterns that can form when connection to the Divine, spirituality, morality, or “what is right” became associated with fear, punishment, shame, control, self-denial, or external authority rather than safety, love, and inner truth.

These wounds can arise from organised religion, spiritual communities, family belief systems, ancestral conditioning, cultural teachings, or past-life experiences where faith, spirituality, or truth expression led to rejection, punishment, persecution, or loss of belonging.

Religious Wounds often shape how safe it feels to trust yourself, follow your intuition, question authority, experience joy, receive abundance, express spiritual gifts, or believe you are inherently worthy of love, both human and divine.

Nothing here means something is wrong with you.

These patterns once helped you survive, belong, stay safe, or remain connected to something greater than yourself. This assessment simply helps you gently notice where fear-based spiritual conditioning may still be active, and where it may now be safe to reclaim trust, sovereignty, and connection.

Is This You?

You may resonate with this assessment if you struggle with guilt or shame around pleasure, rest, money, or success; feel disconnected from your intuition or spirituality; fear being “wrong,” punished, or judged; or feel unsafe fully trusting yourself or your inner guidance.

If following your truth has ever felt dangerous, selfish, disloyal, or risky, this self-assessment is for you.

Instructions

This self-assessment is a gentle awareness tool, not a test and not a diagnosis.

There are no right or wrong answers. Its purpose is to help you:

- Notice how religious-wound patterns may currently show up in your thoughts, emotions, body, beliefs, and relationship to spirituality

- Create a clear baseline (Before and healing sessions)
- Track changes, shifts, and softening after healing sessions (After)

This assessment is designed to be used alongside energy healing, clearing work, infusions, affirmations, and reflection.

How to Complete This Assessment

1. Read each statement slowly. Take a moment to notice what feels true for you right now.
2. Rate each statement from **0 to 10**, where:
 - **0** = Not present / not an issue
 - **10** = Strongly present / a recurring pattern in my life
3. Use the number that best reflects your **overall experience**, not one isolated moment.
4. Answer honestly and intuitively. Your first instinct is usually the most accurate. Avoid overthinking or trying to “score well.”
5. Complete this form:
 - Before beginning religious-wound healing
 - After completing your healing sessions
(You may also revisit it periodically to track ongoing integration.)
6. Be compassionate with yourself. Higher scores simply highlight where healing, safety, and permission are needed.

Important Notes

- All statements describe **common Religious Wound patterns**. Higher scores simply indicate where healing may be most beneficial.
- Strong emotions may arise while completing this assessment. If so, pause, breathe, and return when you feel grounded.
- Your results are for self-reflection and healing awareness, not self-criticism.
- Some patterns may not originate in this lifetime. They may be ancestral, cultural, collective, or past-life influences showing up now because they are ready to be cleared.

Healing religious wounds is not about rejecting faith or spirituality. It is about reclaiming safety, truth, and connection, gently and at your own pace.

Take a breath before you begin. There is no rush.

Section 1: Separation from Source & Divine Safety

- I learned (directly or indirectly) that God / Source could withdraw love or approval. ___ /10
- I feel I must behave, believe, or live correctly to stay spiritually safe. ___ /10
- During hardship, I default to self-reliance rather than trusting divine support. ___ /10
- I carry a sense that something about me could make me spiritually unacceptable. ___ /10

Section 2: Fear-Based God & Punishment Imprints

- I associate mistakes with punishment, karma, or consequences rather than learning. ___ /10
- I feel watched, judged, or evaluated by a higher power. ___ /10
- I struggle to fully relax into spiritual trust. ___ /10
- I fear being “wrong” at a soul level. ___ /10

Section 3: External Authority & Obedience Conditioning

- I was taught (or absorbed) that spiritual authority lives outside of me. ___ /10
- I feel safer following rules than trusting inner guidance. ___ /10
- I hesitate to claim spiritual authority or leadership. ___ /10
- I unconsciously seek permission to trust myself. ___ /10

Section 4: Martyrdom, Sacrifice & Worth Through Suffering

- I associate goodness or holiness with struggle or sacrifice. ___ /10
- I feel uncomfortable receiving ease, pleasure, or abundance. ___ /10
- Rest or joy feels unearned. ___ /10
- I override my needs in the name of service or duty. ___ /10

Section 5: Body, Desire & Earth Rejection

- I learned that the body or physical life is lesser than spirit. ___ /10
- Pleasure, sexuality, or desire still carry guilt or caution. ___ /10
- I disconnect from my body to feel spiritually safe. ___ /10
- I associate spirituality with discipline rather than embodiment. ___ /10

Section 6: Light/Dark Splitting & Shadow Fear

- I learned that some parts of me are unacceptable or “not spiritual.” ___ /10
- I avoid anger, power, sexuality, or ambition to stay good. ___ /10
- I struggle to hold both light and shadow without judgment. ___ /10
- I associate darkness with danger rather than transformation. ___ /10

Section 7: Sacred Feminine Suppression

- I absorbed the idea that the feminine is lesser, dangerous, or submissive. ___ /10
- Intuition, receptivity, or emotion felt unsafe or unreliable. ___ /10
- I associate leadership or divinity with masculine authority. ___ /10
- I feel tension around feminine power or embodiment. ___ /10

Section 8: Silencing, Heresy & Persecution Memory

- I fear being judged, rejected, or attacked for my beliefs. ___ /10
- I hold back spiritual truth to stay safe or accepted. ___ /10
- I fear being misunderstood or condemned for my knowing. ___ /10
- Speaking spiritually feels risky. ___ /10

Section 9: Spiritual Identity & Belonging Trauma

- Belonging once depended on believing or behaving correctly. ___ /10
- I feel spiritually displaced or “between worlds.” ___ /10
- Leaving belief systems felt like loss or exile. ___ /10
- I struggle to fully belong anywhere spiritually. ___ /10

Section 10: Power, Gifts & Visibility Suppression

- I fear misusing spiritual power or being seen as dangerous. ___ /10
- I downplay my gifts to avoid attention or responsibility. ___ /10
- Visibility feels unsafe at a spiritual level. ___ /10
- I associate power with corruption. ___ /10

Section 11: Money, Abundance & Spiritual Worth

- I associate money with corruption, ego, or unworthiness. ___ /10
- Receiving easily triggers guilt. ___ /10
- I feel conflicted about spiritual people having wealth. ___ /10
- I learned that poverty equals purity. ___ /10

Section 12: Perfectionism, Purity & Moral Control

- I feel pressure to be spiritually or morally perfect. ___ /10
- Mistakes feel dangerous rather than human. ___ /10
- I fear falling from grace. ___ /10
- I judge myself harshly for human impulses. ___ /10

Section 13: Silence, Self-Censorship & Obedience

- I silence myself to avoid conflict or rejection. ___ /10
- I avoid speaking truth if it might disrupt harmony. ___ /10
- I associate obedience with safety. ___ /10
- I struggle to say no to spiritual expectations. ___ /10

Section 14: Faith, Doubt & Evolution Trauma

- Questioning beliefs feels unsafe. ___ /10
- Spiritual change triggers guilt or fear. ___ /10
- I associate doubt with failure or betrayal. ___ /10
- I fear losing connection by evolving. ___ /10

Section 15: Sovereignty, Freedom & Self-Trust

- Fully choosing my own path feels risky. ___ /10
- I fear consequences for living my truth. ___ /10
- I struggle to trust myself completely. ___ /10
- Spiritual freedom feels unfamiliar. ___ /10

Section 16: Shame, Sin & “Something Is Wrong with Me” Imprint

- I carry a sense that something about me is inherently flawed or unworthy. ___ /10

- I learned (directly or indirectly) that being human meant being sinful or wrong. ___ /10
- Healing feels like fixing myself rather than remembering wholeness. ___ /10
- I feel pressure to transcend or improve myself to be acceptable. ___ /10

Section 17: Conditional Love, Belonging & Withdrawal of Safety

- Love or approval felt conditional on belief, behaviour, or obedience. ___ /10
- I learned that belonging could be withdrawn if I questioned or changed. ___ /10
- I still fear abandonment or rejection for growing beyond familiar belief systems. ___ /10
- I over-adapt or self-censor to remain included or accepted. ___ /10

Section 18: Spiritual Bypass & Emotional Suppression Conditioning

- I learned that “negative” emotions were unspiritual or unsafe. ___ /10
- I override feelings with spiritual explanations or positivity. ___ /10
- I feel pressure to stay calm, grateful, or high-vibration. ___ /10
- I feel guilt or shame for anger, grief, resentment, or despair. ___ /10

Section 19: Salvation Pressure, Urgency & Fear of Getting It Wrong

- I feel pressure to get life, healing, or spirituality “right.” ___ /10
- I fear missing my purpose or failing at a soul level. ___ /10
- I experience urgency around awakening, growth, or enlightenment. ___ /10
- Rest or slowing down feels unsafe because time feels limited. ___ /10

Score Interpretation Guide

Use this guide for **each item**, not the total score:

- 0–3 | Integrated / Regulated
This area feels relatively safe and supported.
- 4–6 | Active Pattern
The wound is influencing beliefs, emotions, or behaviours. Healing here will create noticeable shifts.
- 7–10 | Core Religious Wound
A deep imprint. Clearing this area may bring significant emotional, energetic, and spiritual relief.

Higher scores = more active wound | Lower scores = healing, integration, safety

Reflection & Integration

1. My Top 3 Religious Wound Expressions

1. _____
2. _____
3. _____

2. Body Awareness

Where do I feel these patterns in my body?

3. Emotional Awareness

What emotions are present here?

4. Core Beliefs Noticed

What beliefs about love, God, safety, worth, or truth are connected to these patterns?

5. Compassionate Witnessing

If these patterns were protecting me, what were they trying to prevent?

After Healing – Integration Reflection

Complete after clearings of the Wounds, Vows, Soul Contracts and Karmic Patterns. You can do this after each clearing step, or when you have finished clearing them all.

6. What Has Shifted?

Which sections feel lighter, calmer, or safer?

7. Embodied Changes

What feels different in my body, emotions, or relationships now?

8. New Inner Truths

What new beliefs or feelings of safety are emerging?

9. Self -Trust Statement

Complete this sentence: **I now allow myself to feel safe to...**

Before & After: Measuring Real Change

You can use this self-assessment both before and after healing sessions.

When you complete this assessment again later look for: Lower scores. Less fear or guilt. Greater inner trust. More ease, safety, and self-permission. A softer relationship with spirituality, life, and yourself. Even a small numerical shift can represent profound internal re-patterning.

A Final Reminder

This assessment is not about fixing yourself.

It is about gently revealing where fear-based conditioning can soften and where trust, love, and sovereignty are ready to return.

You are allowed to question. You are allowed to evolve. You are allowed to belong to yourself.

If what you uncovered feels familiar, it doesn't mean anything is wrong with you.

It means something is ready to be cleared.

I work with these wounds gently and safely through energy clearing and guided healing sessions.

If you feel called to go deeper, you're welcome to [reach out via email](#) or [book a session](#).