

The top-left portion of the page features a complex, abstract graphic composed of several thin, black, overlapping lines. These lines form a series of irregular, interconnected shapes that resemble a stylized, fragmented map or a network of paths. The lines are thin and black, set against a plain white background.

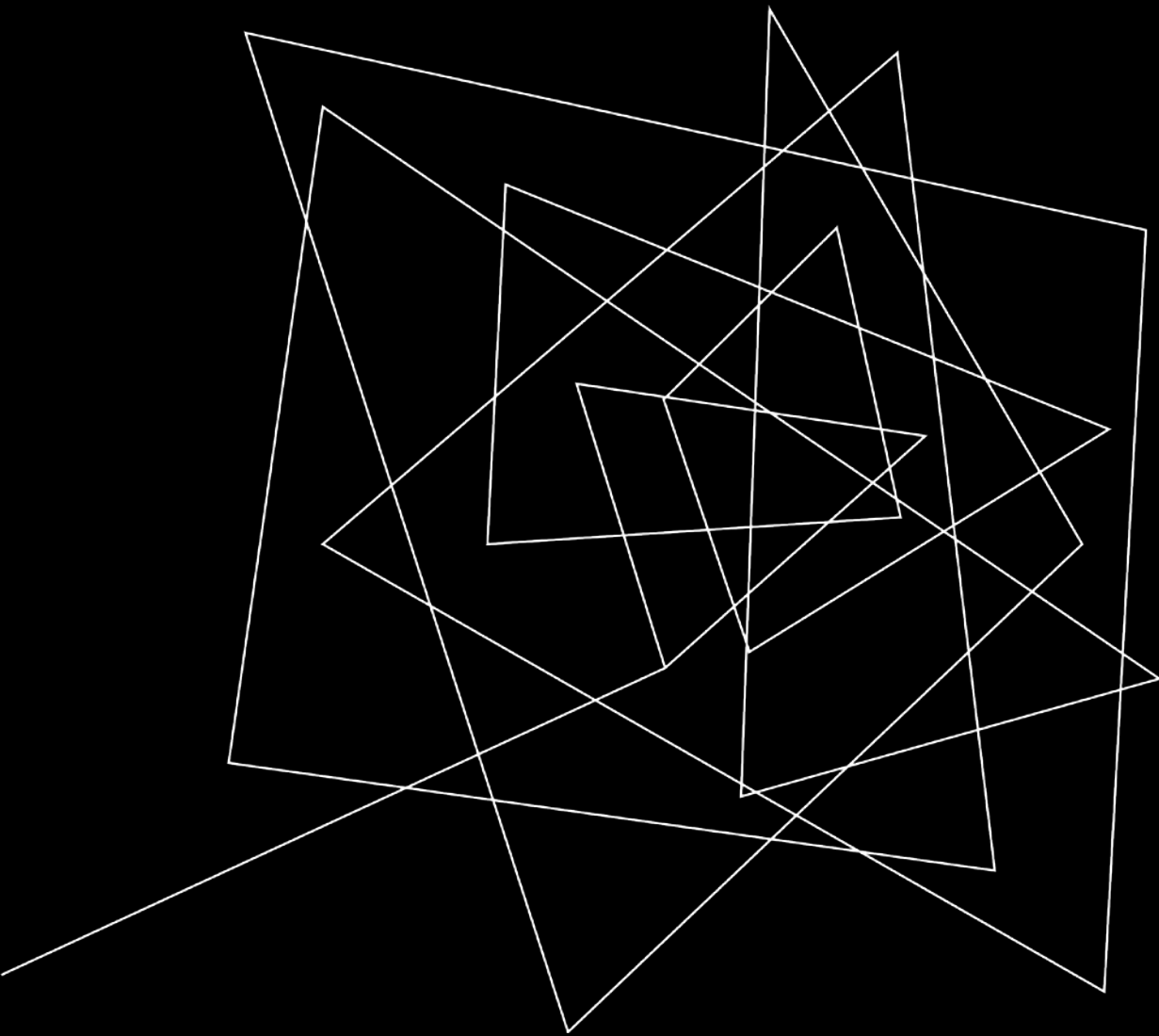
RELIGIOUS TRAUMA: MAKING SENSE OF EXISTENCE

Caroline Winzenried



PRESENTATION OUTLINE

- Existential questioning as a catalyst for leaving religion
- Trauma of losing a worldview
- Positives that can emerge from meaning-making journey



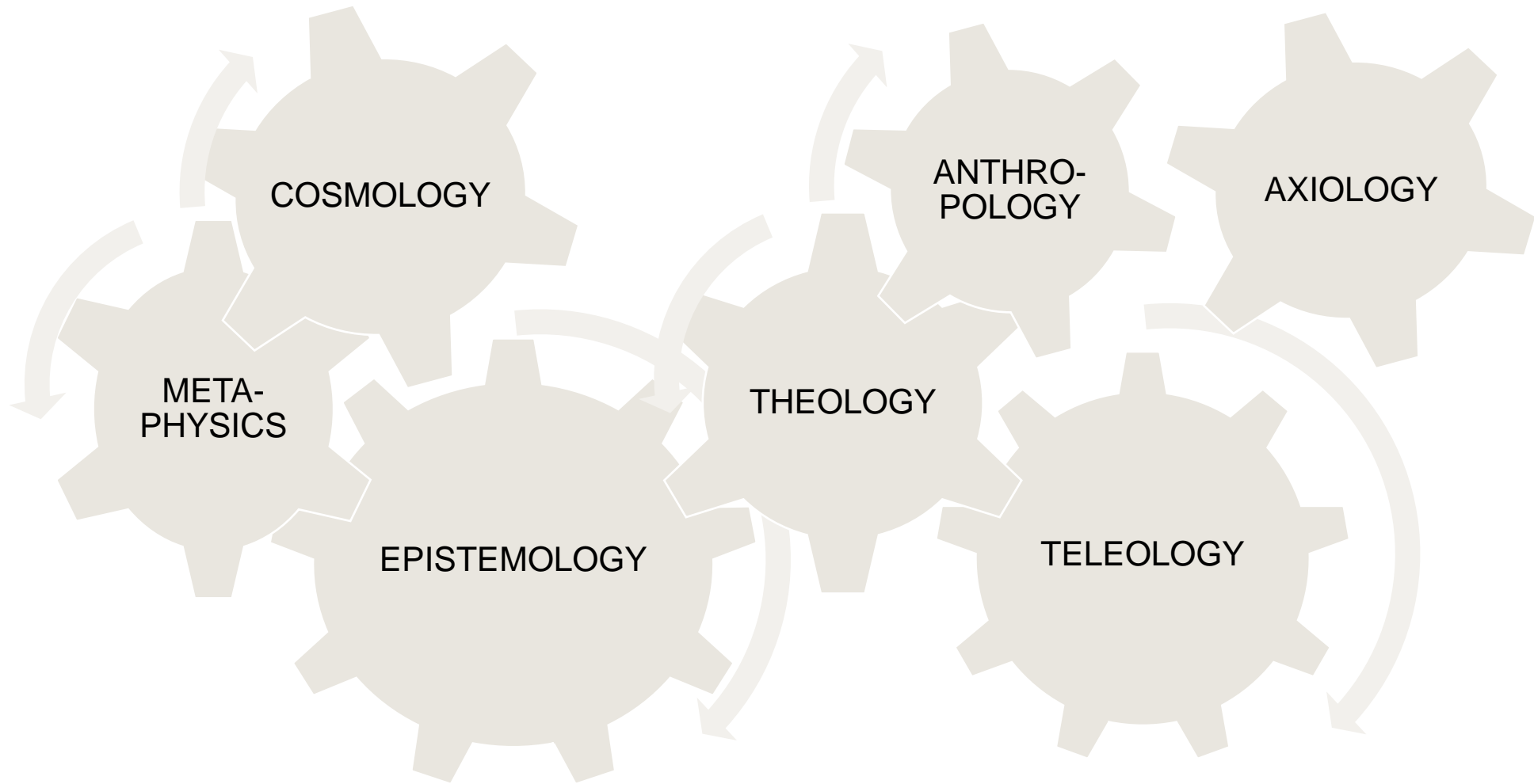
SEEDS OF DOUBT

“Is it *really* wrong to be gay?”

“Why is what I’m learning in Sunday school contradicting what I’m learning in science class?”

“Why would God let all those innocent people die in that natural disaster?”

WORLDVIEW



RESPONSES TO QUESTIONING

“You desperately want to hold on to what you believe, what’s giving you purpose and meaning up to this point and it’s just slipping through your fingers and you can’t hold on no matter how hard you try,”
(Lee & Gubi, 2019).



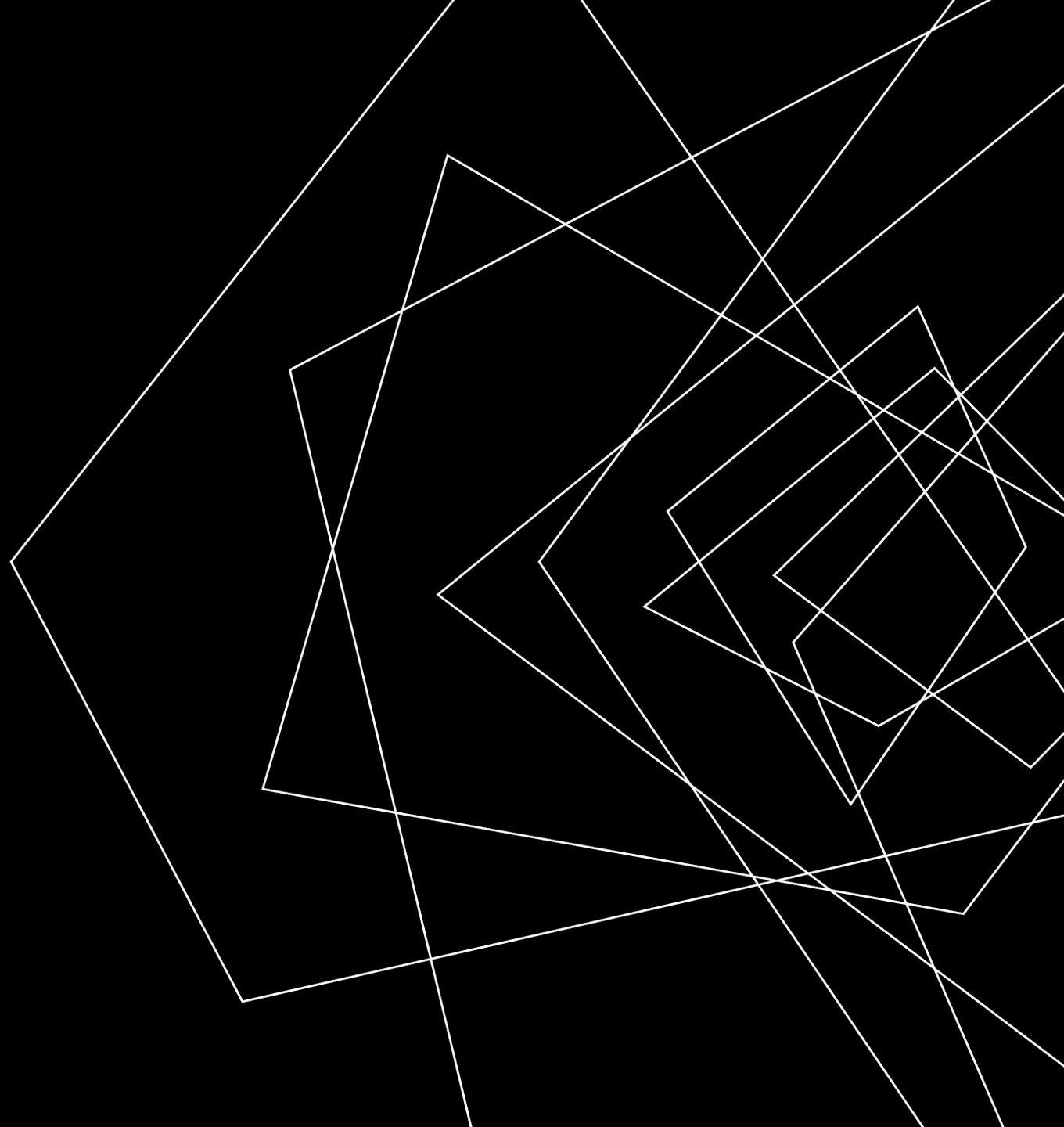
BREAKING POINT

“You get this thing where you can hold it all together for so long, but you are increasingly trying to fill in the cracks,” (Lee & Gubi, 2019).

LOSS OF ASSUMPTIVE WORLD

Three assumptions:

1. The world is meaningful
2. The world is benevolent
3. I am worthy



LOSS OF MEANING

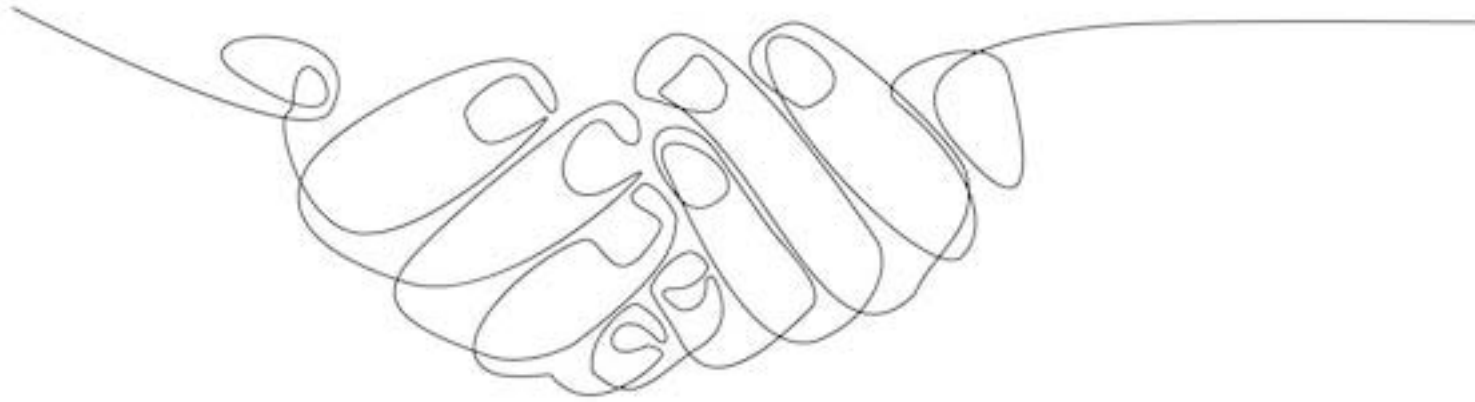
“Nothing
seems
real.”

“I’m
floating.”

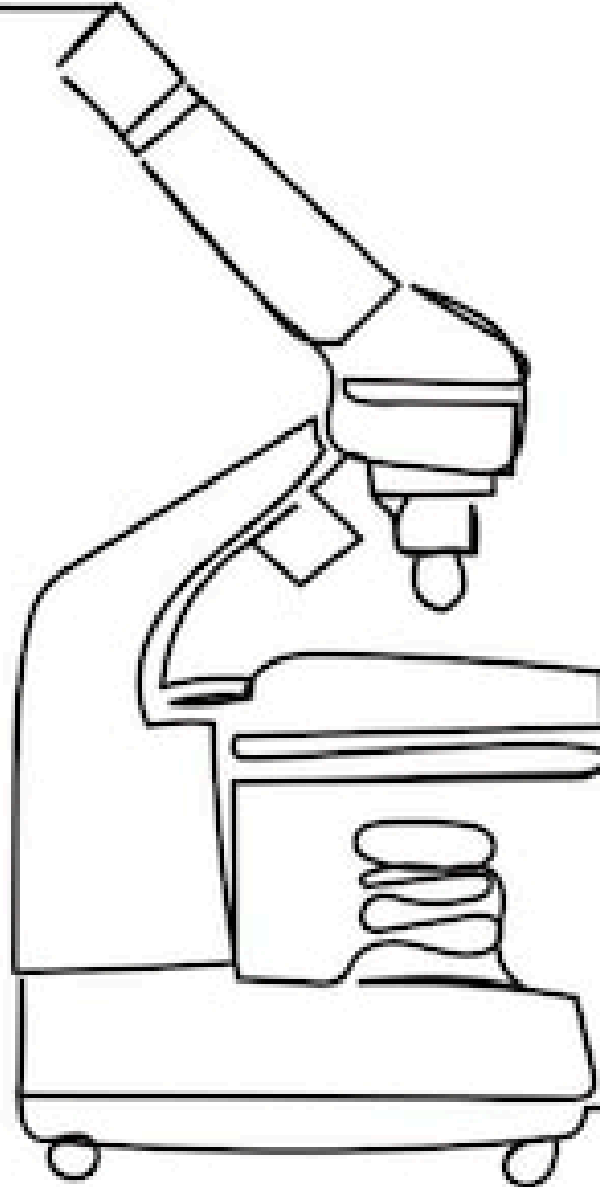
“The world
crumbled
beneath my
feet.”

“Waking up
from a
dream.”

LOSS OF “DIVINE MYSTERY”



HOPE IN OTHER PERSPECTIVES



“I understood critical thinking and the scientific method for the first time, and by this time I was well into my 40s. I think it was a time of enlightenment for me,”
(Lee & Gubi, 2019).



EMOTIONAL GROWTH

- Emotional reflexivity
- Individuation
- Self-efficacy
- Tolerance for uncertainty
- Deeper sense of meaning

HOW TO HEAL

- Support groups
- Share your story
- Listen to others' stories
- Counselling



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THANK YOU

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