

# HEALING FROM A CULT OR COERCIVE RELATIONSHIP: **1** FROM SURVIVING TO THRIVING

## RECOGNITION & AWARENESS:

This stage involves recognizing you have been involved in a cult or high-control group and becoming aware of the harmful effects it has had on your life.

This can be a difficult and sometimes traumatic realization.

## EDUCATION AND UNDERSTANDING:

After recognizing your involvement, you may embark on a journey of learning about cult dynamics, manipulation tactics, and the psychological effects of indoctrination. This can involve reading books, attending therapy, or seeking support from others who have had similar experiences.



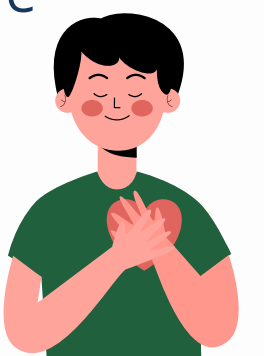
## EMOTIONAL PROCESSING:

Healing from cult involvement often involves dealing with a range of intense emotions, including guilt, shame, anger, fear, and grief. You may need to work through these emotions in therapy or through other forms of support.



## RECONNECTION WITH SELF:

Cults often suppress individual identity and autonomy. Healing involves rediscovering one's sense of self, values, and beliefs outside of the influence of the cult. This may involve exploring personal interests, hobbies, and relationships that were discouraged or prohibited by the cult.



## RECOVERY OF AGENCY AND AUTONOMY:

Healing involves reclaiming one's autonomy and agency over your own life choices. This may involve setting boundaries, making independent decisions, and asserting yourself in relationships and situations.

## REBUILDING SOCIAL CONNECTIONS:

Cult involvement often leads to isolation from friends and family outside of the group. Healing may involve reconnecting with loved ones and building new, healthy social connections. Support groups or therapy can be helpful in this process.

