



# Learning to Trust Yourself after Leaving a Cult



## Acknowledge Your Feelings

Understand that it's normal to feel doubt, confusion, and fear after leaving a cult. Acknowledge these emotions without judgment.

## Reconnect with Your Values

Reflect on your core values and beliefs. What is truly important to you? Reconnecting with your authentic self can help you build a stronger foundation for self-trust.

## Practice Self-Compassion

Be kind to yourself throughout this process. Understand that building self-trust takes time and effort, and it's okay to make mistakes along the way.

## Educate Yourself

Learn about manipulation tactics used by cults and how they can influence individuals' beliefs and behaviors. Dig into podcasts, books, and documentaries.

## Celebrate Your Progress

Celebrate each milestone & achievement, no matter how small. Recognize the progress you've made in rebuilding self-trust.

## Reflect on Your Experiences

Take time to reflect on your experiences within the cult. Identify any beliefs or practices that were imposed upon you and explore how they may have impacted your sense of self-trust.

## Start Small

Begin by making small decisions and honoring your choices. Trust yourself to make decisions about everyday matters, such as what to eat for dinner or how to spend your free time.

## Seek Support

Surround yourself with supportive friends, family members, or a therapist who can provide encouragement and guidance as you navigate this journey.

## Listen to Your Intuition

Pay attention to your instincts and intuition. Trust your gut feelings, as they can often provide valuable insights and guidance.

## Be Patient

Remember that healing and rebuilding trust in yourself is a gradual process. Be patient with yourself and trust that you are capable of reclaiming your autonomy and living a life outside of the cult.

