



RED FLAG CHECKLIST FOR TOXIC SPIRITUALITY AND CO-DEPENDENCY: S.O.V.E.R.E.I.G.N

USE THE ACRONYM S.O.V.E.R.E.I.G.N TO IDENTIFY POTENTIAL RED FLAGS IN YOUR SPIRITUAL PRACTICES AND RELATIONSHIPS. REFLECT ON EACH ITEM AND CONSIDER IF IT APPLIES TO YOUR CURRENT SITUATION.

S.O.V.E.R.E.I.G.N

S - SUPPRESSION OF INDIVIDUALITY

- ARE YOU ENCOURAGED TO SUPPRESS YOUR UNIQUE SELF TO FIT IN WITH THE GROUP?
- IS THERE PRESSURE TO CONFORM TO A COLLECTIVE IDENTITY AT THE EXPENSE OF YOUR PERSONAL TRUTH?

O - OVER-RELIANCE ON LEADERS

- DO SPIRITUAL LEADERS EXERT EXCESSIVE CONTROL OVER YOUR PERSONAL DECISIONS OR BELIEFS?
- ARE YOU DISCOURAGED FROM QUESTIONING OR THINKING CRITICALLY ABOUT TEACHINGS?

V - VULNERABILITY EXPLOITATION

- ARE YOUR PERSONAL VULNERABILITIES USED TO MANIPULATE OR CONTROL YOUR BEHAVIOR?
- ARE YOU MADE TO FEEL GUILTY OR ASHAMED FOR YOUR NATURAL FEELINGS OR BEHAVIORS?

E - EXCLUSIVITY AND ELITISM

- ARE YOU TOLD THAT ONLY THIS PATH OR GROUP HOLDS THE ULTIMATE TRUTH?
- IS THERE A SENSE OF SUPERIORITY OVER OTHERS WHO FOLLOW DIFFERENT SPIRITUAL PATHS?

R - RESTRICTIVE FEAR-BASED PRACTICES

- IS FEAR USED AS A TOOL TO MANIPULATE OR CONTROL BEHAVIOR?
- ARE YOU AFRAID OF SPIRITUAL CONSEQUENCES IF YOU DON'T FOLLOW SPECIFIC RULES OR PRACTICES?



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- IS FEAR USED AS A TOOL TO MANIPULATE OR CONTROL BEHAVIOR?
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E - EMOTIONAL MANIPULATION

- ARE YOUR EMOTIONS USED AGAINST YOU TO INFLUENCE YOUR DECISIONS OR BEHAVIORS?
- DO YOU FEEL OBLIGATED TO TAKE CARE OF OTHERS' EMOTIONAL STATES AT THE EXPENSE OF YOUR OWN?

I - ISOLATION FROM BROADER COMMUNITY

- ARE YOU ENCOURAGED TO DISTANCE YOURSELF FROM FAMILY AND FRIENDS WHO ARE NOT PART OF THE GROUP?
- DO YOU FEEL ISOLATED FROM THE BROADER COMMUNITY OUTSIDE THE SPIRITUAL GROUP?

G - GUILT AND SHAME INDUCTION

- ARE YOU MADE TO FEEL GUILTY OR ASHAMED FOR YOUR NATURAL FEELINGS OR BEHAVIORS?
- IS THERE AN EMPHASIS ON PUNISHMENT RATHER THAN GROWTH AND UNDERSTANDING?

N - NEGLECT OF PERSONAL NEEDS

- ARE YOU SACRIFICING YOUR OWN NEEDS AND WELL-BEING TO MEET THE DEMANDS OF OTHERS?
- DO YOU FIND IT DIFFICULT TO SAY NO OR SET BOUNDARIES?

REFLECTION AND ACTION STEPS

- IDENTIFY RED FLAGS: MARK ANY ITEMS THAT RESONATE WITH YOUR CURRENT EXPERIENCE.
- REFLECT: TAKE TIME TO REFLECT ON WHY THESE RED FLAGS ARE PRESENT AND HOW THEY IMPACT YOUR SPIRITUAL JOURNEY.
- SEEK SUPPORT: CONSIDER TALKING TO A TRUSTED FRIEND, COUNSELOR, OR MENTOR ABOUT YOUR OBSERVATIONS.
- SET BOUNDARIES: BEGIN SETTING HEALTHY BOUNDARIES TO PROTECT YOUR SPIRITUAL WELL-BEING.
- EMPOWERMENT: FOCUS ON PRACTICES THAT EMPOWER YOU AND HONOR YOUR SPIRITUAL SOVEREIGNTY.



GREEN FLAG CHECKLIST FOR HEALTHY SPIRITUALITY AND EMPOWERMENT: S.O.V.E.R.E.I.G.N

USE THE ACRONYM S.O.V.E.R.E.I.G.N TO IDENTIFY POSITIVE INDICATORS IN YOUR SPIRITUAL PRACTICES AND RELATIONSHIPS. REFLECT ON EACH ITEM AND CONSIDER IF IT APPLIES TO YOUR CURRENT SITUATION.

S.O.V.E.R.E.I.G.N

S - SUPPORTIVE COMMUNITY

- ARE YOU PART OF A COMMUNITY THAT CELEBRATES YOUR INDIVIDUALITY AND ENCOURAGES PERSONAL GROWTH?
- IS THERE A MUTUAL RESPECT AND SUPPORT AMONG COMMUNITY MEMBERS?

O - OPEN DIALOGUE

- ARE YOU ENCOURAGED TO ASK QUESTIONS AND ENGAGE IN CRITICAL THINKING ABOUT SPIRITUAL TEACHINGS?
- IS THERE AN ENVIRONMENT OF OPEN COMMUNICATION WHERE DIVERSE PERSPECTIVES ARE VALUED?

V - VALIDATION OF PERSONAL EXPERIENCE

- ARE YOUR PERSONAL SPIRITUAL EXPERIENCES VALIDATED AND RESPECTED?
- DO YOU FEEL EMPOWERED TO TRUST YOUR OWN INNER GUIDANCE?

E - ENCOURAGEMENT OF AUTHENTICITY

- ARE YOU ENCOURAGED TO EXPRESS YOUR TRUE SELF AND UNIQUE GIFTS?
- IS THERE A FOCUS ON LIVING AUTHENTICALLY AND EMBRACING YOUR INDIVIDUALITY?

R - RESPECT FOR BOUNDARIES

- ARE YOUR PERSONAL BOUNDARIES RESPECTED AND HONORED BY OTHERS?
- IS THERE A CLEAR UNDERSTANDING AND ACCEPTANCE OF YOUR NEED FOR PERSONAL SPACE AND AUTONOMY?

E - EMPOWERING PRACTICES

- ARE THE SPIRITUAL PRACTICES EMPOWERING AND DESIGNED TO ENHANCE YOUR PERSONAL GROWTH?



GREEN FLAG CHECKLIST FOR HEALTHY SPIRITUALITY AND EMPOWERMENT: S.O.V.E.R.E.I.G.N

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- ARE YOUR PERSONAL BOUNDARIES RESPECTED AND HONORED BY OTHERS?
- IS THERE A CLEAR UNDERSTANDING AND ACCEPTANCE OF YOUR NEED FOR PERSONAL SPACE AND AUTONOMY?

E - EMPOWERING PRACTICES

- ARE THE SPIRITUAL PRACTICES EMPOWERING AND DESIGNED TO ENHANCE YOUR PERSONAL GROWTH?
- DO THESE PRACTICES PROMOTE SELF-AWARENESS, SELF-EMPOWERMENT, AND SELF-EXPRESSION?

I - INCLUSIVE AND NON-JUDGMENTAL

- IS THE SPIRITUAL COMMUNITY INCLUSIVE AND ACCEPTING OF ALL INDIVIDUALS, REGARDLESS OF THEIR BACKGROUND OR BELIEFS?
- IS THERE AN ABSENCE OF JUDGMENT AND A FOCUS ON UNDERSTANDING AND COMPASSION?

G - GROWTH-ORIENTED ENVIRONMENT

- IS THE EMPHASIS ON PERSONAL AND SPIRITUAL GROWTH RATHER THAN FEAR OR CONTROL?
- ARE YOU ENCOURAGED TO EVOLVE AND TRANSFORM IN POSITIVE WAYS?

N - NURTURING RELATIONSHIPS

- ARE YOUR RELATIONSHIPS WITHIN THE COMMUNITY NURTURING AND SUPPORTIVE?
- DO THESE RELATIONSHIPS CONTRIBUTE TO YOUR OVERALL WELL-BEING AND SPIRITUAL DEVELOPMENT?

REFLECTION AND ACTION STEPS

- IDENTIFY GREEN FLAGS: MARK ANY ITEMS THAT RESONATE WITH YOUR CURRENT EXPERIENCE.
- REFLECT: TAKE TIME TO APPRECIATE THESE POSITIVE ASPECTS AND HOW THEY ENHANCE YOUR SPIRITUAL JOURNEY.
- STRENGTHEN CONNECTIONS: FOSTER DEEPER CONNECTIONS WITH THOSE WHO EMBODY THESE GREEN FLAGS.
- ENGAGE ACTIVELY: PARTICIPATE IN PRACTICES AND ACTIVITIES THAT PROMOTE THESE HEALTHY ATTRIBUTES.
- EXPRESS GRATITUDE: ACKNOWLEDGE AND EXPRESS GRATITUDE FOR THE SUPPORTIVE AND EMPOWERING ELEMENTS IN YOUR SPIRITUAL LIFE.