

# Spiritual Abuse

Spiritual abuse is when someone uses religion or faith systems to abuse you and it often involves coercive and controlling behavior in a religious context.

Spiritual Abuse includes when someone:

- Forces you to observe religious ritual
- Prevents you from observing religious ritual
- Misrepresents religious texts or teachings, especially in sexual coercion or abuse
- Forces obedience to the abuser on religious grounds
- Harms you in the name of getting rid of an 'evil spirit' or similar
- Isolates you from your community as punishment

Abuse takes many forms, and it is not always physical. You may not realise what is happening to you is abuse.

We have put together some questions to help you work out if you are in an [abusive relationship](#)

## 3 things to remember:

- Spiritual abuse can happen in any religion or faith context and can take many different forms
- No one has the right to abuse you, no matter what they say about your religion or faith
- Seeking help for spiritual abuse is not a betrayal of your faith or religious beliefs – you have the right to live free from abuse

If you think you are or have been spiritually abused, you can call our helpline on **01273 622 822**. We're here on **Tuesday and Wednesday mornings 9.30 - 12.30**. If you can't get through the first time, please do try again or email us [helpline@riseuk.org.uk](mailto:helpline@riseuk.org.uk)

If you are in **immediate danger**, you can call the police on **999**, if you are unable to speak listen and when prompted press **55**

*This information was compiled by Jewish Women's Aid*



For more information visit our [website](#)