

Deconstruction Resources and YouTube Links:

1.  If I Converted To Christian? Good Enough To Be A Christian? How To Be A Funda...
2.  Pastor Baptizes Toddlers In The Holy Spirit | Abusive, Manipulative, Exploitative
3.  Inside Christian Fundamentalism: 30 Wild Stories From My Personal Experience!
4.  The Emotional Juxtaposition of Leaving Christianity
5. <https://www.informalmystic.com/blog/the-time-i-lost-my-childhood-to-hell>
6.  The Bible's Been Changed WAY More Than You Realize!
7.  The Unspoken Trauma of Church Induced Sexual Repression | Ep 58 | Moral Com...
8.  7 ways religion traumatizes people
9.  What Sticks Around When You Leave Your Faith
10. https://youtu.be/RLNBQ3Yx_Wg?si=ZyxxDOywd6FaBzzv
11.  Why Organized Religion is Morally Depraved
12.  My Resignation Video to my Church - Feb 2020
13. https://youtu.be/pZnkvzUYEis?si=_RJY-6nX9MED6Xd0
14.  Christianity Ruins The Mind
15.  How to Tell Your Parents You're Not Religious Anymore-Part One
16.  How to Tell Your Parents You're Not Religious Anymore-Part Two
17. https://www.youtube.com/live/aFJPGRZKDhU?si=Vi_KOmcNbBknT7Vt
18.  My Favorite Tool to Dissolve Sexual Shame
19.  Let's Talk Tithing
20.  Why I Left The Faith? Why I Can't Be A Christian? Why I Don't Believe In The Res...
21.  My Thoughts on Religion
22.  Deconstructing Worship
23.  The Nightmare Christians Crave
24.  Why Are So Many People Leaving the Church? (according to the church)
25.  Sex, Masturbation, and Purity Culture: My Conversation With Linda Kay Klein
26.  10 Harmful Effects of Religion
27.  Religious Trauma and Spiritual Abuse with Guest Rachel Meyers
28.  How Religion Affects Your Mental Health
29.  Church Services Are Designed to Influence You. Here's How
30.  I traveled to Jerusalem to face my fear of hell.
31.  overcoming malignant shame [cc]
32.  losing faith | my departure from theism [cc]
33.  The Question that Stops Christians in Their Tracks
34.  respecting beliefs | why we should do no such thing [cc]
35.  Your Deconstruction Story Belongs to You | Belief It Or Not

36. [Deconstructing the Fundamentals: The Bible | Belief It Or Not](#)
37. [Six Bible Passages Christians Often Ignore](#)
38. [Escalating Threats of Hell](#)
39. [What Is Pascal's Wager?](#)
40. [How I Overcame a Fear of Hell | Life After Religion](#)
41. <https://youtu.be/92soXsCEMmE?si=DFrDzuUzcbMYvtQr>
42. [The Church and Mental Health](#)
43. [grooming minds | the abuse of child indoctrination \[cc\]](#)
44. [Why I, an atheist, am afraid of hell](#)
45. [The Armor of God is Stupid](#)
46. [Jesus Camp: How Religious Trauma Made Me Suicidal](#)
47. [How Christianity Warped My Thinking](#)
48. [My "Relationship with God" | My Deconversion Story, Part 2](#)
49. [The Horror of Life in Christian School | My Deconversion Story, Part 3](#)
50. [Christian Strategies for Avoiding Most of the Bible](#)
51. [How Christianity Got into My Head | My Deconversion Story, Part 1](#)
52. [Christian Excuses for Hell](#)
53. [Being Manipulated Into Religious Belief: Evading the need for evidence.](#)
54. [IS BELIEF IN GOD REALLY A MATTER OF MORALITY?](#)
55. [Self Judgement Day: Unveiling your Meaning of Life](#)
56. [MY DECONVERSION STORY: From Evangelical to Atheist! pt1](#)
57. [My Deconversion Story from Evangelical to Atheist: Part Two Finding My Own Mind](#)
58. [Random Reflections: Toxic Positivity promoted in Evangelical Christianity](#)
59. [Hell, Free Will, Pascale's Wager and More! What Triggered Me to Deconstruct My ...](#)
60. [The Evangelist Preacher who became a leading Atheist](#)
61. [Silence, Suffering, Sex, & Stupidity](#)
62. [I Finally Found Peace When I Accepted Atheism](#)
63. [Matt Dillahunty - Get Them While They're Young](#)
64. [Why do religious believers hate reality so much?](#)
65. [Sam Harris - How Christianity appears to non-believers](#)
66. [U.S. Evangelicals in Freefall: Fewer Accept Core Christian Beliefs](#)
67. [What is an Evangelical Church?](#)
68. [What is a Cult?](#)
69. [Doubling Down On Christian Inconsistencies + Excuses For Why They Don't Care](#)
70. [Why Christians argue about who 'REAL' Christians are](#)
71. [Why Are Humans Religious? - A Profound Explanation](#)
72. [The Realization That Shattered My Faith](#)
73. [Why I Left Christianity: Deconversion Story - Dee The Humanist](#)
74. [Hell Anxiety | Overcoming the Fear of Eternal Torment](#)
75. [Generational Punishment: Is God Unfair?" | A Challenge To Believers](#)

76.  Bound By Faith: The Self-Imposed Slavery Of Christianity
77.  How to BRAINWASH Yourself... (Use This Only for Good!)
78.  Christianity's Calculated Kindness: Unraveling The Manipulative Strategy!
79.  Confusianity: The Struggle To Understand Salvation
80.  Inside the Mind of an Evangelical
81. https://youtu.be/4V_-e0EmO4o?si=WlyImB3C6V9cJdeG
82.  14 Things the Misguided Religious Establishment Doesn't Want You to Know
83.  Escaping Religion: Lessons From My Journey Out
84.  Escape The Inferno! How To Finally Overcome Your Fear Of Hell
85.  My Deconversion Story! † How I Left Christianity & Became An Atheist
86.  The 7 Day Mental & Emotional Diet (Emmet Fox, Lester Levenson)
87.  So You've Deconverted, Now What? | Life After Faith
88.  Hell Anxiety | Overcoming the Fear of Eternal Torment
89.  Looking At Why People Believe In God| Reasons And Rebuttals
90.  "Christian Fundamentalism Isn't Biblical!" | Wanna Bet?
91.  Christianity's Most Dangerous Idea (And Why It Won't Die)
92.  The Question that Stops Christians in Their Tracks (Greg Koukl Response)
93.  The Inconsistency Of Christian Living
94.  Enough Excuses! The Truth About God's Anger And Wrath
95.  How to Survive an Evangelist Ambush! (Todd Friel response)
96.  3 UNCOMFORTABLE TRUTHS MOST CHRISTIANS DENY TITAPASTOR'S MUS...
97.  Inside Christian Fundamentalism: 30 Wild Stories From My Personal Experience!
98.  Why Do Evangelicals Fall For Conspiracy Theories? | Belief It Or Not
99.  The Double Standard of Christian Testimonies
100.  But... What If You're Wrong?
101.  Deconstructing the Fundamentals: Jesus Died For Your Sins | Belief It Or Not
102.  Nothing Fails Like Bible History 10: Joshua, Jericho, & Genocide
103.  Why Would A God Need to be Worshipped? (or is God a Karen?)
104.  Worship Leader LEAVES Christianity For GOOD!
- 105.
106. Now what?
107.  Former Christian Pastor: Why I No Longer Believe in God
108.  Religious Trauma: C-PTSD and Hypervigilance
109.  Religious Trauma: Why you feel inadequate.
110.  Religious Trauma: Disgust and sex
111.  The Evidence for Jesus Is Worse than You Think
112.  Reclaiming Spirituality After Religious Trauma – THE INSIDE OUT . Wow!!
113. [Religious Trauma Syndrome is it real?/](#)
- 114.
115. Confusing:

- 116. [What's it Mean to Follow Jesus? | Broadcast from Living on the Edge](#)
- 117.
- 118. https://www.reddit.com/r/exchristian/comments/l5nhcx/can_someone_break_down_f_or_me_why_religious/

Not everything I was taught growing up was truth but I was told it was truth and not to question.

Now I am deconstructing much of it and it is very harsh on my mental health, self trust and self talk and self identity.

I ignored this topic and blacked it out for years but it keeps coming back and now I am dealing with it so I can move forward with my life, the way I want to.

The stress and anxiety of changing your beliefs and the brainwashing that was provided wrapped in love and freedom which was the opposite.

This sucks to say, but so much of my childhood had bullshit rules and doctrine that I never even had a chance to form a self choice or thoughts around.

I was scared into hell, being born a sinner and that demons out to get me, at an early age and am still trying to undo the patterns and nervous system manipulation from years of church services, manipulative music and everlasting shame and guilt.

I want to live a life of peace, love and enjoyment. And I have lived very opposite, sure I had love, and fun and community, but at what cost? At decades of self judgment, never being good enough and "WWJD" all to be swept away from "grace" from system I never wanted to be apart of.

As I see the kids going to church camp, I think about a promise I made at (I think 11). That has caused so much pain and guilt that my little brain was fried and still to this day flashes back with horrible self talk.

I'm looking to form a group of people who has their faith and end of life thinking provided (put nicely) to them to help support questions and freedom of ideas and beliefs.

This is not open to strong Christians who want to "pray" for me or "convince me". I know the stories and "truth" better than most who will comment with a Christian perspective. I spent every Sunday Wednesday and usually an extra event in church, along with 14 years of churchbased schooling. It was relentless, and not an option and to this day I view the world the opposite of how I think a loving god would.

I'm not challenging the idea of support from a community. But the idea that a loving community only comes from belief in sin, eternal heaven or hell, and that faith is what makes a person "holy" or of integrity is a mental mind fuck.

Please respect my choice to think for myself and heal my system to what I find in my journey.

Child hood indoctrination; Is often a mistake from the parents, not intentional but has massive consequences when the freedom to choose is taken away, or as Christians put, you can choose, but do you choose heaven or eternal burning in hell...

Is that really a choice?? Especially by a loving God