



Major Areas of Post-Cult Adjustment

Practical	Psychological-Emotional	Cognitive	Social-Personal	Philosophical-Attitudinal
<p>Makes living arrangements.</p> <p>Arranges financial support.</p> <p>Arranges medical & dental care.</p> <p>Examines nutrition & eating habits.</p> <p>Gets psychological examination, if needed.</p> <p>Makes career & education plans, & gets vocational counseling, if needed.</p> <p>Explains the years in the cult/abusive institution.</p> <p>Structures daily life.</p> <p>Copes with difficulties created by distrust of professional services: medical, dental, & mental health professionals, & educators.</p>	<p>Feels depressed.</p> <p>Has feelings of loss.</p> <p>Feels guilt & regret.</p> <p>Lacks self-esteem & self-confidence; exhibits self-blaming attitudes & excessive doubts.</p> <p>Has panic attacks.</p> <p>Experiences relaxation-induced anxiety (RIA) & tics.</p> <p>Separation from family & friends.</p> <p>Exhibits fear of the group & others in general, especially authority figures.</p> <p>Feels generalized paranoia & fear of the world.</p> <p>Is overly dependent for age; submissive, suggestible.</p> <p>Worries over realness of "past lives"; must sort out true past from one engendered by the cult/institution.</p> <p>Is hypersensitive to sound, touch</p>	<p>Experiences indecisiveness.</p> <p>Experiences blurring of mental acuity.</p> <p>Has difficulty concentrating.</p> <p>Has memory loss.</p> <p>Cannot recall what just read or heard.</p> <p>Must stop using group language/lingo.</p> <p>Has sense of losing track of time.</p> <p>Experiences floating, slipping into altered states.</p> <p>Has poor & unreliable sense of judgment.</p> <p>Hears what others say uncritically & passively. Or may be hypercritical</p> <p>Has recurring bizarre mental content from the experience: for example, waking dreams, fog-like states.</p>	<p>Has pervasive sense of alienation.</p> <p>Needs to reconnect with family & friends.</p> <p>Needs to make new friends.</p> <p>Distrusts own ability to make good choices.</p> <p>Has phobic-like constriction of social contacts; mistrusts, distrusts others.</p> <p>Feels loneliness.</p> <p>Is confused about sexuality & sexual identity & roles.</p> <p>Faces dealing with marital, family, parental, & child custody issues.</p> <p>Fears making a commitment to another person.</p> <p>Feels unable to make & express opinions.</p> <p>Overextends self to make up for lost time; is unable to say no.</p> <p>Has sense of being watched all the time (the fishbowl effect).</p> <p>Is embarrassed & uncertain how or when to tell others about the experience; fears rejection.</p>	<p>Has hypercritical attitude toward others & society.</p> <p>Needs to overcome aversions ingrained by the cult/institution.</p> <p>Has condemning attitude toward normal human foibles & is harsh toward self & others; still judges by cult/institutional standards.</p> <p>Lacks satisfaction with the world & self; feels emptiness at no longer being a world saver or on a mission.</p> <p>Is unable to be kind to or supportive of others.</p> <p>Fears joining any group or being active.</p> <p>Feels loss of sense of being part of an elite group.</p> <p>Needs to reactivate own belief system & moral code/values & sort out from ones adopted in the cult/institution.</p>