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Introduction

When you divulge your doubts about the church to others, especially if you make a declarative statement that you no longer believe it's true, chances are high that you'll be met with resistance, consternation, anger, or rejection. Keeping a journal thus becomes helpful--maybe even therapeutic--for several reasons.

First, it's a safe place to vent your feelings and frustrations. When you go through the experience of discovering that Mormonism isn't what it claims to be, the emotions are overwhelming. Life becomes difficult as you try to navigate out of the LDS worldview and into what you hope is reality. Writing in a journal is an outlet where you can express yourself openly, honestly, and without fear of reprisal.

Second, journaling your way out of Mormonism gives some perspective. You won't know how far you've come if you don't know where you've been. Reflecting on the challenges you faced and how you overcame them can encourage you to press on and give you a sense of accomplishment. Additionally, sharing your experiences with others who are seeking help leaving Mormonism behind could be cathartic for you, as well as for them.

Third, recording and documenting events, experiences, conversations, and interactions could be very useful if you become entangled in legal matters arising from your departure from the church. Sadly, divorces, custody battles, harassment, and other unpleasant situations are all too common when formerly devout Mormons "leave the fold."

Finally, this is YOUR LIFE! Being LDS and former LDS will always be a part of who you are. Learn from what you're going through. Grow from it. Don't let bitterness take root; it will only keep you from being truly alive.

≡ Awakening ≡

*"Ignorance is the curse of God;
knowledge is the wing wherewith we fly to heaven."*

~ William Shakespeare ~

I first began to question Mormonism when:



The events leading up to my decision to leave the church:



[illegible]

My biggest fears about leaving the church:



The Postives

Beneficial things I learned from being Mormon:

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.[illegible]

**Ex-LDS support groups I belong to
or am thinking of joining locally or online:**

Name	
Link / Location	
Contact	

Name	
Link / Location	
Contact	

Name	
Link / Location	
Contact	



Fun Stuff



"Never, ever underestimate the importance of having fun."

~ Randy Pausch ~

☐

I do

☐

I do not

intend to drink coffee and tea because:

☐

I do

☐

I do not

intend to try alcoholic beverages because:

