Table of Contents

Introduction: Why Journal About Leaving Mormonism	1
Awakening: Journey Out	2
Relationships	15
Recovery: Positives and Negatives	34
Blunders, Bungles, and Better Strategies	53
Support	70
Serious Stuff	79
Fun Stuff	98
Action Steps	102
<u>Fill in your own topic</u>	105
Fill in your own topic	107
Six Months Later	109
One Year Later	121
Two Years and Beyond	131
Notes	141

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.



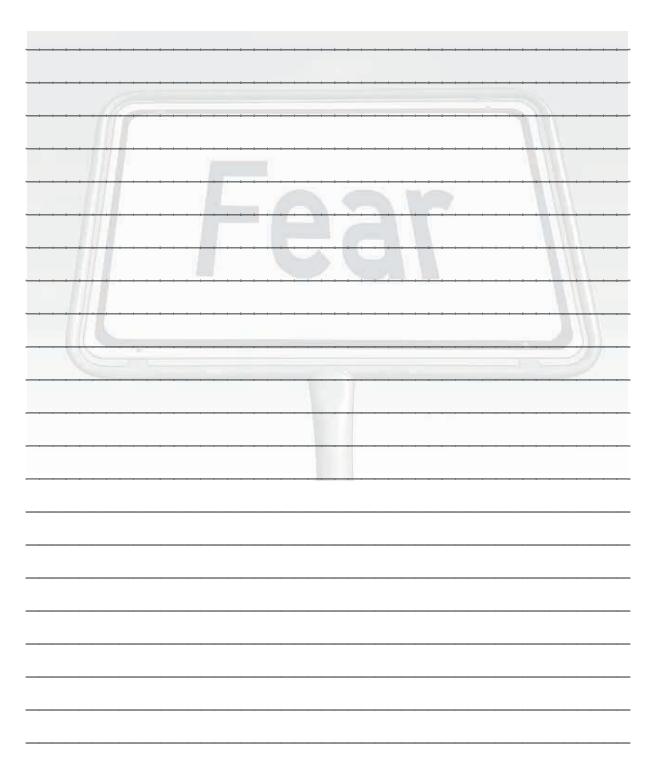
"Ignorance is the curse of God; knowledge is the wing wherewith we fly to heaven." ~ William Shakespeare ~

I first began to question Mormonism when:

The events lead	ding up to my decision to leave the church:
 	
~~	

When I told my family (kids, siblings, in-laws) I didn't believe the church was true, they reacted by:

My biggest fears about leaving the church:



The Postives

Beneficial things I learned from being Mormon:

welcome respect companies release enjoy accept cherish accept cherish accompany	
release befriend support respect accept appreciate	
befriend trust addmit care for cultivate spots addition care for care for carbon croster care for carbon croster carbon croste	
Care for cather receive regard	
be with	
trust adoption adopti	

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

Name	
Link / Location	
Elitit / Eccation	
Contact	
Name	
Link / Location	
Zinit / Zoodiloit	
Contact	
Name	
Link / Location	
Elitit / Eccation	
Contact	



"Never, ever underestimate the importance of having fun." ~ Randy Pausch ~

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	coholic beverages because.