

Mindfulness Training for Religious Based Anxiety

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Scrupulosity

(religious perfectionism)

Scrupulosity: “scruple” is derived from the Latin “scrupulous.” The term in English acquired a moral interpretation of a thought or circumstance so insignificant as to affect only a very delicate conscience. In religious terminology a scruple is an “unhealthy and morbid kind of meticulousness, which hampers a person’s religious adjustment.” (Weisner & Riffel, 1960)

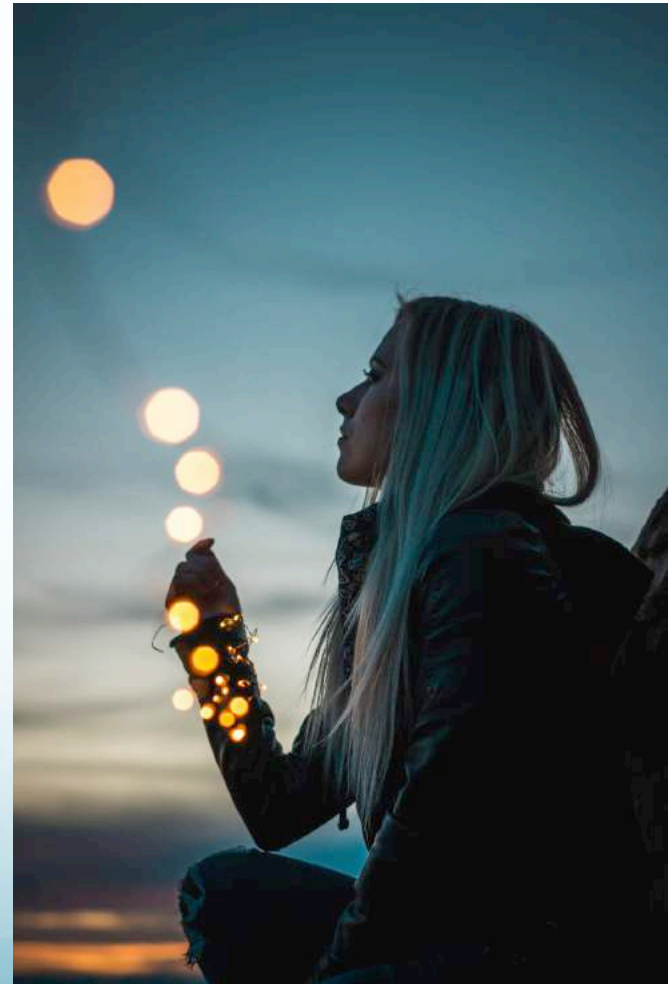
Reminder:

- In our lives, at one point or another we will all struggle with spiritual issues.
- Sometimes those struggles can cause anxiety.
- Going through spiritual struggles does not mean a mental disorder is present.
- Yet, when there is a struggle, we can get the right kind of help and live a value-focused life.

Healthy Faith vs. Scrupulosity

- Faith vs. Fear
- Religion is a source of strength and power vs. stress
- Spiritual interventions are helpful or unhelpful (e.g. confession)
- Religious practices bring joy vs. doing them to relieve stress, anxiety or recurrent guilt
- Religious practices done in moderation vs. overdoing them
- Religious practices bring joy and strength vs. avoiding religious practices. They seem to get in the way of living your religion and faith
- Living the letter of the law vs. the spirit of the law
- Living your religion outwardly vs. living it inwardly

The Cell Phone - Our Body...



Acceptance & Commitment Therapy

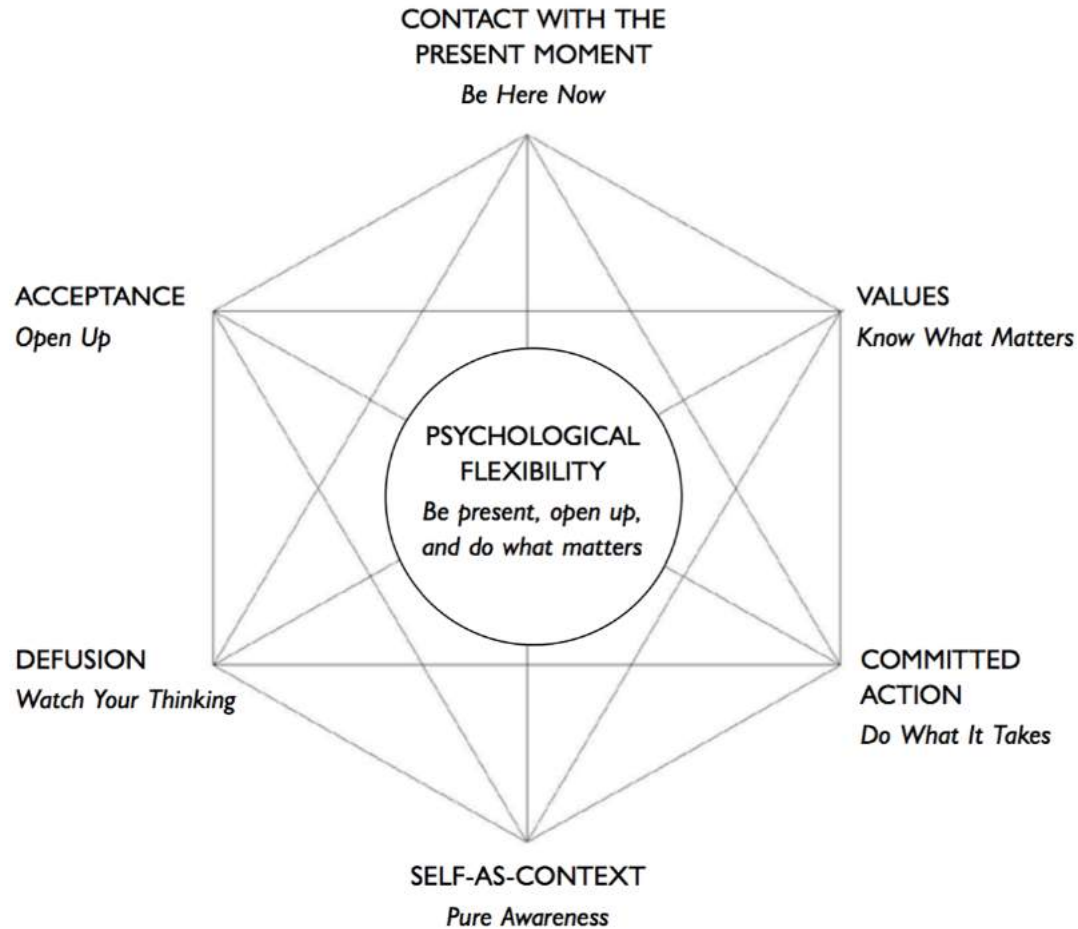


Figure 1.1 **The ACT Hexaflex**

Mindfulness

Noticing Where You Are Now

Be here connecting with and engaging right now

- It's hard for us humans to stay present
- We get caught up in our thoughts
- We can easily lose touch with the world around us
- Our mind is like a time machine that takes us to the past and present

Contacting the present moment:

- Being flexible as we become aware of our internal and external world
- Being able to consciously pay attention to our here-and-now experience instead of drifting off into our thoughts or operating on “automatic pilot.”
- Being able to maintain an attitude of openness and curiosity

A-N-D Practice

- Becoming AWARE
- NAME the sensation
- DESCRIBE it as a feeling



Allow...

The Seaweed



The Anchor in the Storm

