

**On my Way Out, I dont know how I will recover ?**

Posted by: tiedsoul ( )

Date: January 18, 2017 01:19PM

Thank you all, after 2 years of faking it, and after discovering more dispicable truths about the church i have finally made up my mind to leave TSCC, you have all been so helpful , i was so confused , probably all the mind control and brainwashing been working on my nerve, but as you can see, im even catching up on the the acronyms. i joined the church 3 years ago, since then i've been living a life of faked friendships, teaching things i didnt believe in and being forced to do things i dont like. Im from Africa by the way, very talented and outspoken so all this have been squeezed out of me to promote TSCC .

In December I decided i was done, but i didnt wanna go less active because i didnt want people being sent to my house to supposedly reactivate me for their tithing (you can bring someone back to church but you can't force them to serve God) the first sunday of January the Branch president called me to ask if I will be in town to take care of a certain class , i agreed but i was so annoyed, i went there fake smiled and huged a few people, finished fake teaching and went home right away, but i knew then i don't want to come back to that devils den ever again, i felt like I made a pact with the devil and there is no way out, i spent my sabath day afternoon on the net searching for others who went through what i was going through and i came across this wonderful family.

I submitted my resignation letter today via email, it was read, i got the read confirmation back, now im waiting for them to contact me once(like i indicated) to tell me im out of TSCC(cult).

I just have no idea how long it will take me to recover though , i feel totally ruined, my soul has been destroyed, my life is so foggy, the church made me so suicidal without realising it.

**Re: On my Way Out, I dont know how I will recover ?**

Posted by: Soft Machine ( )

Date: January 18, 2017 01:28PM

Hey, congratulations. You are now legally out. A great and much richer life now awaits you! And your soul is not tied to anything except your body ;-)

You're free!

**Re: On my Way Out, I dont know how I will recover ?**

Posted by: Tevai ( )

Date: January 18, 2017 01:34PM

Welcome and Congratulations, tiedsoul!!!

As a first step in your recovery, it might be a good idea to look back at the last two years and figure out "where," if you had NOT been in TSCC, your (ideal to you) life would have placed you right now.

What would you have done in the last two years that you did not do?

In what ways would you have become a different person?

What do you wish you HAD done?

What do you wish you had NOT done?

Once you have these questions answered (at least to some extent), you will be on your way to finding the much better life that is uniquely yours to claim.

Welcome to RfM.

**Re: On my Way Out, I dont know how I will recover ?**

Posted by: tiedsoul ( )

Date: January 18, 2017 03:50PM

Yes i look back and so many opportunities lost in those two years, great friends lost because i was using them as missionary fireside projects, righteous potential partnerslet go just because they were not TBM or RMs, I would have beendoing my Masters degree now but i was too busy studying the BoM instead.... so so much lost

**Re: On my Way Out, I dont know how I will recover ?**

Posted by: tiedsoul ( )

Date: January 18, 2017 03:51PM

This form is really helpful, im starting to feel my peace coming back slowly but surely.

**My heart goes out to you.**

Posted by: Cheryl ( )

Date: January 18, 2017 01:36PM

We understand how you feel since most of us have been in your situation.

You're a good strong person who will recover. If we can do it, I'm sure you can. It takes time and patience.

You'll take small steps every day which will lead you on your way.

Be very kind and patient with yourself. You deserve every consideration. Be sure to get plenty of rest, eat well, and exercise. Do something you love several times a week to raise your spirits. I like to walk in the woods, read lighthearted books, and go out for lunch or dinner occasionally.

What do you like? Did the church scarf down your free time and take away your chances to enjoy music? Museums? Cooking? Collecting? Bird watching? Reading?

Do you like coffee? Go to Starbucks occasionally?

Do you like shopping? Pick us a small luxury once in a while.

See a favorite movie.

Seek out a friend you haven't seen for a long time or challenge yourself to make a new friend.

This is the most difficult time of your recovery. You have better days. Don't give up.

**Re: My heart goes out to you.**

Posted by: tied soul ( )

Date: January 18, 2017 03:58PM

To be honest I dont even know exactly what i liked anymore since i was stripped of all the things thay defined the true me, i have to rediscover myself, I think i am going to focus on my studies this year, that will really help me get my mind of

TSCC.

BTW im in africa, we dont have Starbucks here yet :-), and I was not a coffee person , even before i joined TSCC, i think i am going to indulge myself in a lot of reading over a glass of red wine.

**Red wine will be good for you & perhaps tea? (n/t)**

Posted by: **Cheryl** ( )

Date: January 18, 2017 04:47PM

**Re: My heart goes out to you.**

Posted by: **lillium** ( )

Date: January 19, 2017 06:59PM

That happened to me, too. I had no idea who I was or what I liked or what I wanted out of life. That's part of the recovery, discovering what normal people discover in their teens, and especially when they go off to college.

**Re: On my Way Out, I dont know how I will recover ?**

Posted by: **scaredhusband** ( )

Date: January 18, 2017 02:04PM

I am sorry you feel like your soul is crushed. I felt much the same way after I decided to leave. You pick up the pieces and move on one day at a time. I was born into the faith and there were times that I didn't have an identity. I can say that after a lot of introspection and help from friends and the family here, life is a little less foggy.

Best wishes to you going forward. Be who you want.

**Re: On my Way Out, I dont know how I will recover ?**

Posted by: **tiedsoul** ( )

Date: January 18, 2017 04:00PM

Thank you very much , i actually feel much relieved knowing im not the only one going through this,,, it gives me much hope for the future.

Edited 1 time(s). Last edit at 01/18/2017 04:14PM by tiedsoul.

**Re: On my Way Out, I dont know how I will recover ?**

Posted by: **pickleweed** ( )

Date: January 18, 2017 03:40PM

Did you get your confirmation mail yet?

I also resigned by email and haven't had any reply yet. I wondered how long it should take.

Congrats on joining in the real world. Now your heart and mind can be open to whatever you want to feel or believe, without being the center of gossip or being made to pay for it in hours and tithing.

I hope the forum and the other exmos here help you get through this tough time

**Re: On my Way Out, I dont know how I will recover ?**

Posted by: **tiedsoul** ( )

Date: January 18, 2017 04:05PM

I didn't get a confirmation email yet, but i received an auto response that it was read on two distribution list emails , so i have a proof that they saw it.

exmos here are really good and helpful , how did we end up in TSCC ,masking all this wonderfulness ?

**Re: On my Way Out, I dont know how I will recover ?**

Posted by: **SusieQ#1** ( )

Date: January 18, 2017 03:54PM

You will be fine, especially, once it sinks in that you took your power back! You own you, all of you. Nobody can take that away from you. You've given your soul new life. Take it on. It's beautiful!

It's all uphill from here. Give yourself permission to see your future with total freedom and love.

Let the negativity go while replacing it with a new found love of life. Find new things to do, new people to meet, new things to enrich your life with no fear of recriminations.

Their bookkeeping system in the LDS Church is out of your control. You are no longer a member. I finally got my "you are no longer a member" letter and have kept it, reminding me that they have no power over me. Not a speck.

Let your soul/spirit soar. This is your life on your terms. The past is gone, let it be. This is a time to experiment with what you feel you have missed. Find a coffee you like, for instance. Join a club and play cards, or a book club, knowing that nothing is off the table.

People here care. Many have walked where you are walking now and will keep propping you up if you fall.

It's a big wonderful life out there -- now go get busy living it!

My best wishes. This is going to be a fantastic journey!

**Re: On my Way Out, I dont know how I will recover ?**

Posted by: **tiedsoul** ( )

Date: January 18, 2017 04:10PM

Thank you , Im really glad i discovered all this BS earlier before i get endowed or sealed in their shenaniganism.

I can not wait for my "you are no longer a member" too, i will enlarge it, frame it and hang it at my house entrance so the future TSCC sales rep will see it , if they dare knock at my house.

Edited 1 time(s). Last edit at 01/18/2017 04:15PM by tiedsoul.

**Re: On my Way Out, I dont know how I will recover ?**

Posted by: **SusieQ#1** ( )

Date: January 18, 2017 04:20PM

tiedsoul

Happy to hear you missed that temple nonsense!  
Might want to put that framed letter on the outside of the door for awhile! :-)

**Re: On my Way Out, I dont know how I will recover ?**

Posted by: **bluebutterfly** ( )  
Date: January 18, 2017 04:00PM

I'm glad that you are out of that church. I'm even more happy for you that you weren't born and raised into it (like a lot of us). Child brainwashing is way more difficult to undo/recover from. Good for you and enjoy your freedom!!

**Re: On my Way Out, I dont know how I will recover ?**

Posted by: **tiedsoul** ( )  
Date: January 18, 2017 04:12PM

Thank you bluebutterfly , but i feel more dumb that i got myself in this shit, you were young and didnt have a choice,, i walked in water with my shoes, but i am happy we are both here and we get to live our lifes the way we wish.

**Re: On my Way Out, I dont know how I will recover ?**

Posted by: **bluebutterfly** ( )  
Date: January 18, 2017 04:32PM

tiedsoul Wrote:

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> Thank you bluebutterfly , but i feel more dumb  
> that i got myself in this shit, you were young and  
> didnt have a choice,, i walked in water with my  
> shoes, but i am happy we are both here and we get  
> to live our lifes the way we wish.

Eh, give yourself some credit for finding your way out before too long. My dad converted to tssc when he was 18 and then went on a mission the next year. He's been in the church for almost 50 years now and is as faithful as ever.

I'd say you're doing pretty good! :-)

**Re: On my Way Out, I dont know how I will recover ?**

Posted by: anonuk ( )

Date: January 18, 2017 05:25PM

don't feel dumb – you trusted people who were convinced they were telling the truth, but who were ultimately just as deceived as you were. Most people cannot admit to making a mistake, but you have admitted that joining the church was a big mistake and have taken steps to rectify it. This means you are not dumb but clever and have an inner strength to be able to publicly admit a previous fault whenever the evidence appears that tells you so.

You have turned the page and started a new chapter of the never-ending adventure that is the story of your life. Enjoy!

**Re: On my Way Out, I dont know how I will recover ?**

Posted by: ificouldhietokolob ( )

Date: January 18, 2017 04:17PM

You'll recover one day at a time.

Every day you'll feel less "mormony," and more yourself.

After a while, you'll find it hard to remember ever being "mormony."

Welcome to freedom. Make good use of it :)

**Re: On my Way Out, I dont know how I will recover ?**

Posted by: Pooped ( )

Date: January 18, 2017 04:55PM

Time is what did it for me. I stayed angry an awfully long time but now I think of the good lessons I learned. I learned to be more skeptical of ideas, sales pitches, and fast talking people. I learned that simple and naive is not a virtue but a state of mental infancy. Growing up means learning that life is complex and cannot be reduced to black and white, right or wrong, simplistic answers. Life requires thinking beyond following others. The things you have learned from getting sucked into Mormonism and finding your way out may have been hard won but they will serve you the rest of your life. And there are many, many who never learn these lessons. I am constantly amazed by how many people truly believe that never questioning authority is actually a virtue. We have learned otherwise. To remain "as a little child" is not the way to please God because God is within you and you need to make a good life. Making a good life requires you to be true to yourself and never feeling



guilty that being yourself makes someone else uncomfortable. We were made to be unique and not to be carbon copies of a corporate model. You have lost a few opportunities in your three years as a Mormon but many have lost the better part of their lives to a lie. You are free now. Make the most of it. As Danny Kaye once said, "Life is a canvas. Throw as much paint at it as you can."

**Re: On my Way Out, I dont know how I will recover**  
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Posted by: **Pariah** ( )

Date: January 19, 2017 01:12AM

"shenaniganism." I love that!

The Mormon cult made me depressed, too. The hour that I walked out of that church building for good, the depression went away, and it never came back! It's been almost 8 years. (Of course, life has its usual ups and downs, but I never felt hopeless and suicidal, ever again.)

If you are still depressed, after a few weeks, and if you are at all suicidal--even for a few minutes--please get help! If you are a student, your school might provide psychological help, free of cost.

You have already made two great, life-changing decisions!

1. Leave the Mormon cult.
2. Go back to school.

You are more recovered than you think you are!

One thing that Mormonism does to us, is make us feel bad about ourselves. Please know that you are not a failure, just because you didn't like being in a cult. Yikes!

We all felt lost at first, but soon you will start discovering all the things you DO believe in--such as LOVE! You don't have to stop believing in God, or Christ, or churches, or family, or all those good things. The Mormons don't own all of that. Your life will be better without Mormonism. You will be happier, every day.

**Congratulations**

Posted by: **Cpete** ( )

Date: January 19, 2017 01:28AM

Welcome to sin.

**Re: On my Way Out, I dont know how I will recover**

Posted by: **Tevai** ( )

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Date: January 19, 2017 01:47AM

Africa is a very big continent, but if you're ever in or near Pretoria/Tshwane (which I consider my South African "home"), please give it a wave for me.

I would love to see Pretoria again (and visit Cape Town, and the nearby Xhosa-speaking areas, for the first time as well).

**Re: On my Way Out, I dont know how I will recover**

Posted by: **summer** ( )

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Date: January 19, 2017 05:28AM

Welcome, tied soul! Congratulations on your resignation.

Take some time to rest and recuperate. Take your life back. I would strongly recommend not attending nor joining another church for a year or two. Jesus isn't going anywhere. Christianity isn't going anywhere. You need this time to get in touch with who you are and what you want.

The Mormon church preys upon people in Africa and South America, because church authorities see these continents as areas of potential growth. Don't feel badly that you fell for the scam. You were targeted. It is good that you got free from it.

**Re: On my Way Out, I dont know how I will recover**

Posted by: **seekyr** ( )

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Date: January 19, 2017 08:55AM

My husband is a good example of why you don't need religion to be a good person. He's good to me and the family, helpful to the neighbors, donates to a couple of favorite local causes, and lives a healthy lifestyle. He does good things for the sake of making his or someone else's life easier or better. . . and he's atheist. But even THAT is his lifestyle. Who's to say that just living quietly at home and caring for your cat isn't just as good, or going to a church that centers around helping people be happy rather than obedient and guilty. I think we all get to decide without an external Being judging us over our choices.

It's wonderful to finally discover that I CAN be in charge of my life, I can decide what's right and wrong, I can ENJOY being curious and learning about all sorts of

things – whatever I want to learn about, and I can be a good person all on my own.

Continue to love and trust in yourself. You've taken a very courageous first step.

Edited 1 time(s). Last edit at 01/19/2017 10:49AM by seekyr.

**Re: On my Way Out, I dont know how I will recover**

Posted by: **Amyjo** ( )

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Date: January 19, 2017 10:59AM

You're going to be just fine.

Congrats on your newfound freedom. It takes time to "undo that which has been done."

But you're already half-way there.

:)

**Re: On my Way Out, I dont know how I will recover**

Posted by: **canary21** ( )

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Date: January 19, 2017 04:52PM

Try volunteering your time to a hospital and giving to charity :) Get your mind off TSCC.

**Re: On my Way Out, I dont know how I will recover**

Posted by: **Ron r** ( )

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Date: January 19, 2017 07:31PM

Expect all your Mormon "friends" to turn their back on you and shun you like good obedient cult members. They are fake friends and i lost all of mine when i started becoming inactive.

**Re: On my Way Out, I dont know how I will recover**

Posted by: **smirkorama** ( )

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Date: January 20, 2017 04:26PM

Life only got better for me with out MORmONISM, I mean besides the required punishment of losing my family / children and every thing that I owned. Even so, there is NO way that I would go back.

**Re: On my Way Out, I dont know how I will recover ?**

Posted by: **Trails end ( )**

Date: January 21, 2017 04:52PM

If your not familiar with the at least five stages of grief do a little reading...when we find weve been bamboozled those stages happen as sure as hell...how long each stage lasts is an individual matter depending on how well we deal with destruction of trust or loss...if one day you suddenly feel hot anger...its a stage..it will pass..exercise...sweat...reading uplifting encouraging things helps overcome those feelings of loss...be kind to yourself...forgive your self...you made an honest mistake...learn and move on...replace problematic self images that caused us to be drawn in to begin with...second Saturdays are the best...tithing is best spent doing real fun with real people..welcome to hell...the weathers nice...and no one tells you what to do...they dont dare

**Re: On my Way Out, I dont know how I will recover ?**

Posted by: **presleyfactsrock ( )**

Date: January 21, 2017 06:27PM

I hope you love to travel because recovery from the MormonCult is a journey and a long roller coaster ride full of wonderful discoveries, but also a place that will have its difficult and discouraging moments.

Congrats on using excellent critical thinking in unraveling a mystery, Take good care of yourself and keep us informed!

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