

## struggling mightily

Posted by: **redinthehead** ( )

Date: January 16, 2017 01:43PM

I've never posted here before despite visiting and reading for a few years. I need input before I proceed. My family is suffering and I am suffering. This is probably going to be long and as such I will understand if it goes unread.

If anyone is so inclined, my thanks in advance.

Some background:

I attend church with my family and everyone at church knows I no longer believe. I don't receive any callings or visits.

My wife is what I think is called here a "social" mormon in almost all aspects. She doesn't believe what Joseph Smith claims he saw and doesn't really care. I think most mormons haven't really read the book of mormon and she hasn't either and doesn't care to. She loves me and lets me be at least until now.

I sit in church year after year and deal with my family and her family as well that on both sides are extreme mormons. I stay very quiet and have done so for 10 years.

In doing this I think I've learned a lot of things, some of which have caused me to react poorly in recent weeks.

The short list:

1. Mormonism is a closed universe. It doesn't want any input from the outside and only accepts it if that input threatens its businesses and systems. It will treat you like a true threat if you raise any question that may undermine the group think.
2. Institutionally, it believes that exmos or nonmos aren't going to go to heaven with their families and many mormons believe this individually. But few will admit it when confronted.
3. They believe that tithing must be paid and endowments taken out to be with family forever.

4. They think they are very cool and normal.

5. They believe individually that exmos have been doing something wrong in their life to have lost testimony. This ranges from not reading scriptures to viewing porn to cheating on spouse. They cannot ever ask themselves whether the exmo may have a point. They must always assume something is wrong with the person.

6. If you leave the church - they don't respect you. They assume exmos are troubled people.

The fifth and sixth points rubs me raw. I see mormons as deeply condescending and disrespectful as a result. I have let this bother me more in recent months and have become internally angry and bitter about it and much more then when I first became "exmo".

Part if this spike in negative feeling arose when my wife's parents told my older children and not to listen to me or read anything I give them.

I can't bring myself to be around my family or my wife's family for any period of time any more.

But recently I was with my wife's family at a party she begged me to attend. Just adult family members.

Brothers and a few cousins were making fun of people who come home early from missions and calling them Masterbators, lazy etc. Good times were being had by all.

Something clicked in me as I listened and I felt myself have a bit of an out of body experience as I chimed in and started pointing out some absurdities about mormonism.

I think I did this with the intent to make a point.

The attempted point was that mormons believe crazy things. Lots of people do. I don't really care as long as it only harms those who voluntarily take part in it.

What I do care about is that one can't believe things that are objectively crazy and false and still think that the only reason people leave the church is because they are "sinners".

If someone actually researches a belief in mormonism like...almost anything, and concludes it's made up - you can't assume anything about them until you have looked at both sides as well. Otherwise keep your mouth shut.

Before I could finish the point I was greeted with absolute condescension and derision.

If any of you had been in the room you would have been amazed.

It was an attempted mental and even physical beatdown and a very emotional verbal defense of the things I brought up.

Defenses were ridiculous and I wasn't trying to argue about whether the Jaredite Boat story made sense or not.

The problem arose and my mistake was made when a few became really aggressive and were rolling their eyes and started questioning my character in front of my wife and other women in the room.

I lost my temper but remained quiet as I told them what fucking assholes, and know it alls they were. I told them that their self-righteousness was unbearable. One family member tried to start a fight and pushed me. I told him if he looked at me directly or came near me again he would regret it. He stormed out.

My FIL yelled that I was possessed, the church was true and no one can speak ill of it. I told him he was a condescending dumbass.

(just for fyi purposes, the item of belief that really caused anger was a statement I made about marrying teens. Typical claims were made about how there weren't many men and how marriages were done for other reasons outside of sex. I said that I couldn't think of any reason that a 35 year old man would need to marry a 14 year old girl and deprive her of a chance to marry someone her own age even if Smith wasn't having sex with her. I also stated that I couldn't see any reason he married women her were already married and sent their husband(s) on missions - These statements actually caused some gasping from the wives which in turn caused most of the husbands to stand up and become very aggressive)

At some point, many went to cars and drove off.

My wife listened to the entire thing and told me that other than using the f - word I was justified and handled myself well.

Three problems exist, one of which I need input on (the third).

#### MY KIDS

I feel like my own family has been torn apart by mormonism. IT WAS A MISTAKE to sit for years in church and allow my kids to go to class. I did my best to help them see both sides of each issue but my children are now confused and torn. They are surrounded by mormon family and kids at school and even though they love me and respect me - I think that they think of themselves as losers and second class people. I fear they see me that way as well.

I will tell all the younger people who are going through this and thinking it is ok just to blend in so that your children will feel accepted - IT IS A MISTAKE.

They aren't going to be accepted and treated as part of the herd ever. Their father/mother is an exmo and as such they will be seen as a project and part of a sad family that needs fellowshipping. Your children sense this and it affects them in ways they don't understand.

Before I let everyone know the book of mormon was fiction I was a god to my wife's family and my family. Professional, nice home, high callings, etc. The minute they learned of it, rumors began.

THIS AFFECTS YOUR CHILDREN. DON'T be fooled.

#### MY WIFE

My wife is one of the most stable, honest people I know. She doesn't want to lose connection to her family though, and is trying to figure out a way to patch this up a bit even if it just means that she maintains contact etc.

She is having a conversation with her parents this week.

She's devastated but is willing to do whatever is necessary to keep us together even if it means staying away from family.

ME

I have never had what I will call mental issues before.

I am questioning myself however and have been since my in-laws confronted my oldest two children and told them not to listen to their father anymore.

My normal, rational self is teetering and I find that the feelings of being disrespected have made me very angry - moreso than I have ever been in my life.

I refuse to apologize and refuse to "rise above" it as I have done for so long.

Mormons are fake and I won't be at all any longer.

My wife still thinks that not causing waves is more important than standing up.

I feel a bit crazy as a result.

Some on this board have called what mormons do as "gaslighting" or lamping?

They do this and it does make a person question themselves a bit.

I wonder if I am the crazy one. Does the amount of hostility I was confronted with for raising basic issues mean that I was out of line in doing so? Does the fact that none of these issues have ever been discussed amongst either side of family mean these are really non-issues and the church is really so great that it's history doesn't matter.

Am feeling things I haven't ever felt before, don't want to associate any longer with mormons even if they are family unless they are willing to show enough respect to admit they don't think exmos leave because they sin.

Being in a room with people that I believe this makes me want to run.

Have I gone too far?

**Re: struggling mightily**

Posted by: **Devoted Exmo ( )**  
Date: January 16, 2017 01:53PM

It kind of sounds like you've just hit the breaking point. I would assume that everyone's surprised that you think differently from them because you've been faking it for so long. Now that the rift has happened and they secret is out, there's going to be some time before people are adjusted to the new situation.

If it were me, I'd be very matter of fact with your wife and kids that you are the same loving father and husband. Now is the time to make that clear. You've got to cement those bonds tightly.

As far as the rest of the family is concerned, time will tell. What matters is your wife and kids. Don't let the extended family make a rift between you and them.

**Re: struggling mightily**

Posted by: **ifcouldhietokolob ( )**

Date: January 16, 2017 01:58PM

No, you haven't gone too far.

No, you're not the crazy one.

I, too, experienced a sort of "crisis" moment, when I realized I could no longer just keep my mouth shut and play their games, let them try to control me (and my potential future family), and make snide remarks about me. I too finally hit that breaking point and spoke out. I too got a lot of backlash, like you did.

It was hard. A lot of family members "disowned" me. They did their best "shunning" as if they thought doing so would make me miss them so much that I'd come crawling back to the church. It didn't.

I stuck to my guns. I went on living an honest, authentic life. I made the best decisions for me.

It took several years, but most of my family finally "came around." They realized this wasn't a "phase," that I wasn't possessed, that I didn't just want to sin. That I was being honest about my lack of belief. And slowly they began to get in contact again, this time on my terms -- no trying to get me or my family into the church.

You hit the wall, and you watched the mormons try to shore it back up, while at the same time burying you under it. It might get better, it might not -- but you did the right thing.

**Re: struggling mightily**

Posted by: **summer** ( )

Date: January 16, 2017 02:01PM

>>Have I gone too far?

No, I don't think so. I think that you have had a lot of issues simmering for years, and those issues have finally come to a boiling point.

The bottom line is, while your position is entirely reasonable, you are not going to change the minds of your turbo-TBM family members. Nothing that you can say will sway them. They are in possession of that very narrow mindset, and they are not about to give it up. All you can do is to control yourself, by either giving them a wide berth, walking away, or tuning them out when they go into TBM overdrive.

It sounds like you have a gem of a wife. I think a conversation with her about what to do about the kids is long overdue.

You might also give some thought about moving to a place that is not majority Mormon. Some short-term counseling might be a good idea as well.

**Re: struggling mightily**

Posted by: **todd** ( )

Date: January 16, 2017 02:03PM

When I started doubting I could NOT be around my TBM in-laws and I refused to. They were so evil and judgmental about the questioning I had. I never brought it up but when they asked y I didn't attend I told them. It is better to avoid at all costs. They will never get it. If wife sides with them , she leaves you. That is why so many have been divorced by tbn wife;s.

**Re: struggling mightily**

Posted by: **Done & Done** ( )

Date: January 16, 2017 02:05PM

First. Your story is very important. The points made by it could really help many. Thank you.

Second. Many of us have tried to take the supposed "high road" only to find out it comes to a dead end and leads right off a cliff. You have just found this out.

You are not going crazy. I bottled everything Mormon up many years ago and it

finally reached the explosive point. Start saying what is really on your mind in small non-confrontational ways openly and honestly whenever certain subjects come up. Your relatives will avoid you like the plague and you will have the pressure relieved.

Don't apologize to anyone. You have said the truth, now let the chips fall where they may. Hardest thing to do in life, but one of the most important.

Just build the relationship with your wife and children. That is all that matters.

[I like it when Richard Packham says "Don't blame me the church is not true" \(n/t\)](#)

Posted by: **mav** ( )

Date: January 16, 2017 05:53PM

[Re: struggling mightily](#)

Posted by: **Darren Steers** ( )

Date: January 16, 2017 02:07PM

It sounds like a common path for those that know the church isn't true, but try to hide that and go along to get along.

You have discovered this is a huge mistake.

You are among friends here, we understand your pain.

[Re: struggling mightily](#)

Posted by: **Babyloncansuckit** ( )

Date: January 16, 2017 02:20PM

"My FIL yelled that I was possessed..."

Yes, you are possessed - by the clarity of common sense.

You should just level with your kids. You raised them in the church because you thought it was a good idea, but now that you've had a good hard look at it, it's obvious that it was a bad idea. Now, you want to reverse the damage so they can grow up to be better human beings.

Grandma and Grampa grew up in different time, when the church had more positive things going for it. Now, the negatives clearly outweigh the positives. You should show your kids videos of North Korea so they see the similarities to Mormon culture and how staunchly people will defend a system that's bad for them.



Lastly, any system of thought that relies on self deception to survive is not something you should support, no matter how pretty the window dressing. Because it always bites you where the sun don't shine.

**Re: struggling mightily**

Posted by: **ericka** ( )

Date: January 16, 2017 06:25PM

^^^This with your kids.

My kids are grown adults now. They've told me many times that when I was upfront and honest with them about things they had more respect for me. Especially when those things were difficult things that made me not look so good. They get that I made mistakes. They get that I don't want them to suffer for my mistakes.

I think coming clean with your kids will remove a lot of confusion. They'll understand why you did what you did, and why you're not going down that road any longer. When you know better, you do better.

**Re: struggling mightily**

Posted by: **AmIDarkNow?** ( )

Date: January 16, 2017 03:55PM

So you hit the "wall" have you?

Good.

Finally you see the true fruits of mormonism! Take a good look at what just happened. Your children will become exactly that which you saw. Decades of christ's supposed teachings lead to that? This is what the final product is?

Love, logic, empathy, reason all take a back seat to protecting the church, it's leaders and its doctrines. Where is christ's gospel now?

If christ was ever talking about righteous rags then the fruit of mormnism is it and you saw it in spades.

By the way, been there so you are not alone alone.

Your experience is why I think it is imperative that non-believing parents who go along to get along must at the very least give their children the right to alternative evidence, opinions and life paths without punishments from the church.

I remember when my MIL called and told me that I was being influenced by Satan because of honest research into Mormon claims. That is the day I realized in person that the ex-mormons describing the horrible way the still indoctrinated reacted to such things was now happening to me.

Tell your children the truth the best way you can. Show your wife that she is number one no matter what but that you will not lie to her, family or your children to protect "Testimony".

I think it would be prudent ask your wife if she is OK with your children becoming what you just experienced. Be clear that this is the true end game of decades of control over every tiny aspect of life within mormondom.

Protect your kids. The still believing in their misguided notions to save your wife and children from you will gaslight, connive and end around you to get to them and make their "minds right" against the evil infected apostate that you have outed yourself to be.

Do not be angry at your wife and kids. Be careful and patient about that. They were taught to think a certain way and it takes some slow, careful, loving, mental usury to change that.

Good luck. Come for advice.

**Re: struggling mightily**

Posted by: **Amyjo** ( )

Date: January 16, 2017 04:16PM

What you did took some balls. It really did. You were a force of one in a roomful of what was basically a hostile audience.

You said what you really thought of the religion where the elephant stands in the middle of the room 24/7 and everyone is supposed to tiptoe quietly around it when not worshipping it.

You were the one to address the emperor not wearing his clothes as the other parade goers pretended he was fully dressed lol.

You were the one to call a spade a spade, in other words, and got blasted for it.

So, stick to your guns. Try not to make worse enemies of your wife's family because they are always going to be her family. In time they may come around to being more respectful of your POV.

Meantime, it may take you years, but you will also need to learn if you are to co-exist with your wife's family, to respect their fundamentally different religious beliefs from your own. You've parted paths is what's happened. You came to a fork in the road, and your paths have diverged.

Mine has with my Mormon family. So when I visit nowadays we don't discuss religion very much, because we'd be at odds if we did. When it has come up, and there are going to be differences of opinion, we do it respectfully of where each other is coming from.

I think their beliefs are outright crazy. But I don't tell them that, because I don't want to alienate myself from my family. They on other hand have been willing to respect my beliefs since I left Mormonism and it's a two-way street (speaking specifically of one brother. Can't say for sure about another because he's too jack sh\*t crazy for me including years after my leaving to want to keep in touch with.) My other Mormon relatives are respectful of my no longer being LDS, but then I'm respectful of their right to be LDS.

The world is full of diversity. Had I been born and raised something else, would likely be dealing with that ism instead of my ism. So be it. Hopefully you'll be able to work through it. Leaving Mormonism is a struggle. It's harder at first IMO. Your dealing with in-laws may be the hardest challenge of all. Good luck!

**Re: struggling mightily**

Posted by: **gatorman** ( )

Date: January 16, 2017 04:27PM

Get as far away from your family and stay as far away as possible. Spend quality time with your kids regardless of age- but there are ways to say the church is a sack of shit to different ages of kids. Stand your ground.... and continue to support and admire your wife. Personally, I think sitting in church should come to a dignified and

quiet end..keep us posted. Family parties should come to a screeching halt..,

Gatorman

9-4

14-3

**Re: struggling mightily**

Posted by: **Jesus of Orem** ( )

Date: January 16, 2017 04:29PM

[STANDING OVATION]

No advice, just wanted to say that this is one of the most awesomely great OPs I've read on this forum, ever.

They all got precisely what they deserved. You stood up, called them out on their arrogance, described them accurately, and in so doing wiped those smug, self-righteous smirks right off their faces. Magnificent.

**Re: struggling mightily**

Posted by: **getbusylivin** ( )

Date: January 16, 2017 04:33PM

\* Nobody except my wife is allowed to get between me and the kids. Nobody. I would tell the kids that these assholes are off limits, and then tell the assholes the same thing.

\* As others have noted, just stay loving to your wife and kids. It sounds like you're already in pretty good shape there. They'll know love when they see it.

\* Kick these idiots out of your life. You don't need them, and you'll waste your time trying to win arguments with them or convert them. They have no right to fuck with you, but they do have the right to be deluded idiots.

**Re: struggling mightily**

Posted by: **Heartless** ( )

Date: January 16, 2017 04:57PM

May I suggest a book by John A Widtsoe. He was an apostle from 1921 until 1922. He was actually born in Norway.

The book is "Evidences and Reconciliations" 3 volumes arranged by G Homer

Durham. My copy is from 1960.

You want the one that is all three volumes in one book.

Apostle Widtsoe wrote answers to doctrinal questions, many were published in the improvement era, basically the ensign of the day.

His essay on page 390 "why did the church practice plural marriage in the early days" outright states that it was not because of more women than men. It was not because of an excess of widows. It was not to raise up children.

It does state that it was introduced to select members early and then to the church as a whole "when it was safe" to do so.

It does not address the age factors.

There are numerous additional articles of interest such as why did Joseph become a mason. Is church history trustworthy? And the difference between the holy spirit and the holy ghost (yes he says they are two separate things)

**Re: struggling mightily**

Posted by: **liesarenotuseful** ( )

Date: January 16, 2017 06:37PM

You have been silenced for 10 years, it is no wonder you reached a breaking point. It's good that the ward and family know that you don't believe. Now hopefully you can stop attending church. One of the reasons I stopped attending is that I can't sit in silence while they continue telling lies and promoting things I am against. Silence can imply agreement and acceptance.

"my wife's parents told my older children and not to listen to me or read anything I give them."

This is completely unacceptable. It can never happen again. Your wife should tell her parents that, in my opinion. If they don't comply, they don't get time with the grandchildren. The grandparents should apologize to you and the kids. The grandparents are doing harm to your family. Plus your wife should tell your children that it's wrong of their grandparents to tell them that.

How wonderful that your wife backs you up, at least passively. I hope it continues.

**Re: struggling mightily**

Posted by: **Pariah** ( )

Date: January 16, 2017 06:45PM

Congratulations!

I'm proud of you!

I hope, after reading these responses, that you realize that you are NOT crazy.

I have been "gaslighted" and shunned and gossiped-about, too, and it does hurt.

The best thing about my leaving Mormonism is that it brought me and my children closer. Children are more intelligent and observant than we give them credit for. Even little ones can sense tension and judgments and negativity. (I think that's why they cry in sacrament meeting so much--LOL) Older children start asking normal, logical questions--the same questions we have all asked at one time or another. I hope your kids aren't brainwashed yet. What I'm saying is that children deserve the Truth.

I feel that it is a parent's DUTY to tell their children the Truth. Otherwise, how can a child survive in this world? They need to know that there are lovely people all around them, who aren't Mormons, such as their teachers, your non-Mormon friends, kids at school. They also need to know that there are liars and out there, too, who want their time and their money. Mormons have a habit of confusing good with evil.

Part of this Mormon deception is for them to teach your own children that you are unworthy--a lesser being--a terrestrial being--someone who is going to prevent you, your children, and their mother from being together in Heaven. You know that they teach this in Primary.

Many times, the Mormons tried to undermine my authority as parent. This is how they operate. When your laws told your children not to listen to you or to read anything you give them--THEY CROSSED THE LINE!

Of course you lost your temper! This is horrible! I have tried to have smooth relationships with Mormons, but I do not ever allow them to cross the boundary that protects my children.

It's all about setting boundaries. These boundaries are up to you, and your wife seems like a reasonable woman, so the two of you can agree on most of these

boundaries. If you don't agree on all, then give each other some freebies. For example, you can quietly zone out or wander out of the room when people start talking about Mormonism. But if they start trying to manipulate your children--bam--down comes that boundary fence! Your wife doesn't like swearing, so don't do that! Some boundaries will be huge, and others will just make your life easier. You can always loosen or tighten the boundaries, and make new ones, to adapt, as life goes on.

You have set an example of integrity to your children. Like the subject of "Unconditional Love", the subject of "Integrity" is never mentioned in a Mormon church. By your example, your children will learn to follow their gut instincts, and use their own brain. They will develop a real conscience, as you have. They will be trustworthy. My children learned this, and I'm very proud of them. They are very happy, wise, and successful in life.

I do feel that you should not go to church regularly anymore, or show any hypocritical behavior. Still--you can compromise with your wife at Easter, or whatever. My husband left the cult before I did, and I always respected the way he was true to himself. He was kind and patient, and we followed him out, about year later. I was still looking into the history and other questions I had, but the Mormons and my in-laws were so nasty to my husband, that I didn't want to be part of that "Mormon hate-gruop" anymore. My in-laws blamed me for everything, and they actually dis-inherited all of us, including their own grandchildren, because we were no longer all sealed in the temple.

Things might get even more nasty, but it is good advice to not argue or debate or try to change anyone's mind about the cult.

Treat the mean ones like children, or like brainwashed cult-members. Don't give them any power over you.

They ganged up on you in a closed room, where you were outnumbered. This is what cowards do. One Mormon alone never confronted me--it was always groups of men--in two's and three's--late at night, when I was home alone.

Remember that YOU are the majority. You are among the 99.99% of the population that are NOT Mormons. This is a clear case of the majority being right.

Stay strong. Be true to your wonderful self. Save your children and wife. Focus on all

the things that are truly important in life. The Mormon cult is really tiny, and petty, and lame.

**Re: struggling mightily**

Posted by: **in a moment** ( )

Date: January 16, 2017 08:15PM

redinthehed wrote:

"I am questioning myself however and have been since my in-laws confronted my oldest two children and told them not to listen to their father anymore.

My normal, rational self is teetering and I find that the feelings of being disrespected have made me very angry - moreso than I have ever been in my life."

---

I'd like to limit my response to what seems to be your watershed moment.

"They" went after your kids, and papa bear did a very good job in not ripping them to shreds.

You tolerated their abuses for yourself and model respect your wife's ability to make her own decisions. But, when you heard about "them" trying to destroy what should and can be a healthy relationship between a decent father (you) and his kids, you reacted with a healthy anger to create a separation and enforce your rights as a father.

High time, I say.

I am sorry that you have felt the need to accept their demeaning ways for yourself, and I understand the drive to maintain the status quo. But, they have violated a sacrosanct boundary, and proven themselves to be untrustworthy. You did the right thing in defending your relationship with your kids, whatever the impetus.

redinthehead, what I'm trying to say is that it is not a sin to allow yourself to become angry. I know it seems like the triggers may have been unrelated to the root cause, but they were not. The same haughty arrogance are at the root of both situations - attempting to demean you as a father, and demeaning you and your family (and others) as "proper" mormons.



I think that you and your wife might want to have some conversations about the value of maintaining unhealthy family ties vs. having your own healthy family life.

As for your children, kids can become more mature in learning and accepting that their parents can make big mistakes as well as small ones, and still move forward and grow in love and respect for one another. It's a profound and valuable lesson to model. In releasing them from the unrealistic expectations imposed by an unhealthy institution and its adherents, I think that they will thank you in the long run.

Gentle, age-appropriate honesty is one of the best and finest gifts of love a parent can tender.

You sound the opposite of arrogant to me, and I so appreciate your posting. As alien as expressing your anger may feel, it can be a very healthy emotion. It feels "wrong" only because you have denied it purchase for so long.

My best to you and yours.

**Re: struggling mightily**

Posted by: **peculiargifts** ( )

Date: January 16, 2017 10:05PM

Others have already said, and very well, the things that I would tell you. I just want to add one more voice to the chorus. You are not crazy. You are not unreasonable.

I am normally a very laid-back person. On the rare occasions when someone does push me too far, and I get angry, I always feel stunned, afterward. I always wish that whatever it was had not happened. But, honestly, I also feel that it is okay to be angry when someone is doing or saying something that is deeply dishonest, or terribly unkind, or hurts others in any way. It's just hard to deal with when you are not used to doing it.

Your reaction was perfectly understandable, and like others, I greatly respect you and anyone else who has the courage to stand up in the face of a crowd of cruel and threatening people. Nothing that you have described from those people is even remotely related to Christlike behavior. Nothing. Nothing is even close to loving behavior or constructive behavior. You faced down a mob of religious bigots. It doesn't matter whose family they may be --- the facts are still the same.

Good for you!

And, just because it makes me feel sick to think about this, let me add one more voice to the people who are telling you that you need to take immediate and unrelenting action to protect your children from the vicious and shameful behavior of their grandparents. If it means that your children do not see their grandparents again, that is fine. The grandparents acted in a totally unacceptable manner, and they need to know that it will not be accepted under any circumstances.

Please find a way to explain the truth to your children. Kids understand facts, when they are given to them in appropriate ways. Kids can understand the difference between lies and truth, if you give them all of the information in an age-sensitive way. And kids need, desperately, to know that their parents, both of them, are there to guide them and care for them. Anything that interferes with that must be stopped, immediately, and it must be enforced by both parents.

You mentioned that your wife is basically a social mormon. It would be very interesting to know how the Mormon social interactions that you have described are attractive to your wife. You both can make friends with wonderful people outside of the Mormon church, and do it without having to live without the awful Mormon arrogance, intolerance, and ugliness. I hope that someday, she comes to understand that the people who make waves can be the good guys. That old saw about how all that it takes for evil to triumph is for good people to do nothing is just as true now as it has ever been.

**GOOD NEWS IS**

Posted by: [josephsmithseer](#) ( )

Date: January 17, 2017 11:09PM

AFTER THREE OR FOURS YEARS YOU WILL LAUGH ABOUT WHOLE THING AND HAVE MORE MONEY IN YOUR POCKET!

**Don't spend any time kicking yourself**

Posted by: [notmonotloggedin](#) ( )

Date: January 17, 2017 11:45PM

Other than the foul language I can say that I wish DH and I had done the same thing a very long time ago. You've only done what everyone in your situation would want to do.

DH and I and our children moved out of UT and far away from Mormon family-

contact with our children was strictly limited and we never ever regretted that for a moment. Inlaws would have loved to have gotten their "hands" on our kids. They seem to be very nice people on the outside-sweet even but when it comes to spreading the wretchedness that is Mormonism they are ravenous wolves to us and would go to any lengths to influence our kids. I don't think they themselves know when they are being genuine and when they are being phony when it comes to showing affection. But that is not our problem nor our fault. No contact has been the best solution.

Don't second-guess yourself when it comes to someone willing to come between you and your kids.

**Re: struggling mightily**

Posted by: **Elizasnowjob** ( )

Date: January 17, 2017 11:47PM

If someone is toxic for you, stay away, no matter who they are. When you are in a better place in your life, you may be able to cope with the brainwashed family members a little better. You did nothing wrong.

**Re: struggling mightily**

Posted by: **MCR** ( )

Date: January 19, 2017 01:53PM

People get angry when they sense that other people aren't upholding the image they have of themselves. TSCC forces people to sacrifice themselves to the cult. This pays off for the cultists so long as everyone keeps it up. Sacrificing oneself for a cult is very high-risk behavior on an individual level. Some people make out like bandits, reaping the rewards of everyone else's sacrifice. The majority lose out. That's the objective fact. What keeps the cultists in is mostly self-flattery--everyone who doesn't toe the line is sinning--vilely; is weak; is Satan-influenced; is not going to heaven with their families; and all the other fables you listed in the OP.

Therefore, the only thing really holding this family together is its mutual arrogance. The unity is so weak. A few simple comments from you--about the marriage habits of a guy who died 150 years ago, nothing practical or immediate at all--and the fragile structure explodes. You got mad because it makes you boil to think this collection of a-holes thinks you express doubts because you're secretly guilty of some despicable sin--and they're all speculating with each other about which one it is.

The danger is that you tolerated this horror show for a long time before they gored your ox with the MIL/children thing. For a long time you've been tolerating evil because it was just so banal. It never seemed to rise to a level where it was worth making a stink over. This is where evil gets power: the silent acquiescence of the good. Many great thinkers over the centuries have pointed this out. I wouldn't disengage from your family just because it frosts you that they make up grotesque sins for you. They need you. You can't know which of them, storming off and driving away, got halfway home before asking themselves, "Why am I leaving? I never cared about my BIL's opinion anyway." Individual thinking undermines cult-think. Stirring controversy brings out individuality, which is very good for people, but very hard on a cult.

This is what you need to teach your kids. Individuals deserve respect. Individuals do not sacrifice for institutions, institutions serve individuals.

### **Here is what you must NOT do**

Posted by: **Honest TBM ( )**

Date: January 19, 2017 02:19PM

On Facebook (and other social media places) there are numerous groups of apostates who socialize together and they communicate on all sorts of topics & treat Mormonism like many people treat their favorite football or basketball teams. Some of these groups number well over 1000 of these apostates. Some regional groups in places like Phoenix, Albuquerque, Denver, Dallas, Houston, and DC have groups close to 100 or well over 100 with regular activities. If you joined up with them then you'd quickly move past worrying about what Ward/Stake people think of you as you'd have a well built-in local support group.

However I admonish you in the name of Jesus Christ and all the holy angels who do loving surveillance on all your thoughts/actions that you stay away from such groups. If you do visit them then I'm inclined to take some sacred dust from the original location of the Garden in Jackson County, MO and dust it off of me feet on to some internet server somewhere. Then your Facebook groups may blow up as the Lord exacts some judgment on such evil groups :)

One of the greatest joys of returning back to the fold is knowing that not only the angels in heaven are doing surveillance on you but so are the loving Ward members and that they will often be talking amongst themselves in Ward Council about you. They will be anxiously engaged in the good cause of figuring out whatever is wrong in your life and lovingly nagging you to make sure you read scriptures, stay away

from porn, and do all they can to give you direction regarding your marriage and parenting responsibilities. And it really won't matter that they don't respect you because you will be humbly reminded that compared to the holy leaders that you are just a turd.

**Take back that admonishment**

Posted by: **Honest TBM** ( )

Date: January 19, 2017 02:34PM

It will ruin the church's good reputation (and result in fewer conversions, more apostates, and less assimilation) if anyone ever gets any ideas that Mormons don't want former believers associating with anyone who has questions about the church. The church is all about being a true church. The best way to prove its true is by demonstrating so clearly how the Church, its leaders, members, and everyone encourages everyone to reach out to everyone to learn all they can about everything and to show how the church (and its members) is unquestionably the most honest, truthful, open-minded, and transparent on everything.

Thus I'll go grab some sacred Jackson County soil for some other purpose. However the doctrines say you can find more joy in getting yourself more assimilated. So go to church :)

**Re: struggling mightily**

Posted by: **mormonrealitycheck** ( )

Date: January 19, 2017 02:21PM

Bravo! You are the man!

You did the right thing. You simply are not going to stand for this bullshit any longer.

Thank goodness your wife is on your side. Man, you don't know how lucky you are for this. I was lucky, too.

Kick ass and take names. Very impressed, sir.

**Be honest with your kids, tell them what you believe**

Posted by: **Hedning** ( )

Date: January 19, 2017 02:59PM

Your kids will respect and trust you if you are honest with them, be honest about the grandparents and relatives.

A lot of us here have gone through variations of what you have experienced, the best solution is to be honest and open; it's very difficult to tear you down in the eyes of your family if you have direct and honest with them.

I discovered that my sons hated the church and we were all attending just to please my social mormon wife. Life got a lot better when my sons and I declared we had had enough.

**Re: struggling mightily**

Posted by: **NeverMoJohn** ( )

Date: January 19, 2017 03:11PM

Sounds like you told the truth. Doesn't sound so bad to me.

As for the in-laws. Their attempts to undermine you and your authority over your own children should spell the end of their contact with your children. They have proven themselves to be not trustworthy. Perhaps, if they sincerely apologize and demonstrate the possibility of better behavior, strictly supervised interactions could be allowed.

I'm serious. This is where I would stand.

**You're reacting normally to an abnormal situation.**

Posted by: **Cheryl** ( )

Date: January 19, 2017 06:09PM

You are not crazy or unstable. It's amazing that this hasn't happened years ago considering the stress you've had to weather.

I'm sorry there's no easy way to patch this up and be at peace at family functions now.

I guess I'd suggest you stay away from them as much as possible and keep the communication on light topics. If they bring up religion, walk away.

I would not stand for their disrespect for you as a father and head of your household. NO ONE has a right to tell your kids not to listen to their father. I think you or your wife or both of you together need to make this clear either verbally or in

writing. It's very wrong for you and your wife to put up with this assault to your parenthood and it deprives your children of a normal family life and the benefit of your wisdom.

Shame on the relatives who tried to interfere! They are despicable.

**Is there an exmormon group where you live?**

Posted by: **Titanic Survivor** ( )

Date: January 19, 2017 10:29PM

Give you a chance to be around other normal people.

No, you are not crazy.

Almost everyone would be emotionally affected the way you were by this immense social pressure - attack, really.

You are brave.

And fed up. Stay that way, but try to hook up with other like-minded people in real life as well as here.

**Wow!**

Posted by: **cl2** ( )

Date: January 19, 2017 11:26PM

Luckily, my family is mostly out. The only one I've had to deal with is my TBM daughter (who went back to church at age 20 after I took them out at age 8 or 9). She is now 31 and we have had a peaceful few months . . . She is the only grandchild/great grandchild of my parents who is mormon.

For me, having an exmo therapist has done WONDERS for my feelings and anger. I didn't realize he was exmo when I first started going to him. After about 6 years (I had a lot of issues), I asked him as I had gone inactive by choice some years earlier. It is so refreshing to be able to talk to someone who understands and helps me deal with the insanity.

I have had friends offer me the bofm to read and that I was under the influence of satan, etc. Of course, they all think that I'm just a big sinner and less than. Sometimes the attitude does get to me, but most of the time I really enjoy the life I live and revel in the freedom to finally just be me.

Anyway, I'd suggest a therapist. Actually, my therapist has many relatives who hold high positions in the lds church. He purposely goes to family reunions and the relatives always start badgering him and he puts them in their place. He gets a big kick out of debating them.

You have the right to be angry. And I also wouldn't let the grandparents who overstepped the boundaries see the kids anymore.

Edited 1 time(s). Last edit at 01/19/2017 11:27PM by cl2.

**Re: struggling mightily**

Posted by: CA girl ( )

Date: January 20, 2017 01:15AM

We quit going to church after Bishop Jackwagon told my son not to listen to me. Well, after he yelled at me when I told him that he was way out of line for saying that to my son. My then-TBM husband, who had been listening to my doubts and questions for almost a year, told me to go ahead and tell the kids about the problems with the church. Before that, we had the idea that Mormonism was a good place to raise children, we should keep our doubts to ourselves and keep attending. DH didn't see any real problems with the church back then.

After we started talking more openly, DH became comfortable airing his problems and doubts and saw more things for himself that were wrong. The kids (who were 10 and 12) saw immediately that the church was wrong. They chose not to attend any more, even though I told DH he could take them and told them to go if they wanted. My daughter went to some activities and camp - my son stayed in Scouts. While there is a lot of disrespect toward ex-Mormons in the church culture, they didn't fare too badly. My kids mostly learned to stand up to Mormon bullying, think for themselves about religion and articulate their own reasons for leaving - not parrot mine. We didn't have the family crap you did. For the most part, the family have just ignored the situation as if it were just a temper tantrum we'd get over (it's been almost 9 years. Not sure why they are still waiting ...)

There have been moments where their LDS friends have done or said things that have made them feel bad but we've made a point to introduce them to non-LDS kids who commiserate with them about how Mormons can be weird around those who



don't share their beliefs. Both kids have been able to stay friends with most of their LDS friends, while adding a variety of other friends. One hundred percent, I would say that talking over things with them helped. I had a supportive husband, even when he still believed. But my kids are so glad I taught them to THINK rather than just go with what I say or what their friends say and not be influenced by guilt trips and bad Mormon behavior. It's not an easy transition but it's worth it. Especially if your kids are young enough to escape the brainwashing, teenage years.

**Re: struggling mightily**

Posted by: **A Reader** ( )

Date: January 20, 2017 04:01AM

I'm going to give a different point of view, even though others here have given some excellent advice.

1. Write a letter or email to EVERYONE who was at that gathering and apologize for losing your temper and swearing. Then, in your professional and calm self, state a toned-down version of what you wrote in your OP - but take the "heat" out of it. This is your time to BRIEFLY explain how much you've studied and what you've concluded. THEN PLACE YOUR BOUNDARIES about what you will not tolerate in the future regarding their behavior, and assure them that they won't experience a heated exchange from you again.

THIS IS FAMILY. THEY WILL COME AROUND EVENTUALLY. Keep trying to be kind and interested in them. It will be a long, hard road - but it will be worth it for your own family.

2. Level with your kids and wife, and love them exponentially.

I had been completely rejected by my family. But I kept calling and suffered through their incredible rudeness and carelessness. Years later, we are all friends and I'M the respected one.

Wishing you THE BEST!

**Re: struggling mightily**

Posted by: **edzachery** ( )

Date: January 20, 2017 01:27PM

redinthehead,

wow, man! Good for you!! I agree with you especially on the point about "absolute

condescension." You hit that one right on the head, my brother. You did the right thing. There are good people here at this site who have lived through what you are now going through. Stay strong. We all already know you are brave and fearless in the defense of your family, truth, and sanity.

Count me among your friends and comrades on this site. Please keep us updated on how things are going for you.

Best wishes always, edzachery

Recovery from Mormonism  
<http://www.exmormon.org>  
Jan. 2017