

Recovery from Mormonism (RfM) discussion forum.

Recovery Board : RfM

[new level of exmo](#)

Posted by: [liesarenotuseful](#) ()

Date: January 18, 2017 05:03PM

I feel like a couple of days ago I hit a new level. I just started looking at the church a bit more objectively. Maybe with a little less emotion, I don't know. The more I step back, the weirder it looks. It almost looks like a movie now, one that I'm not in anymore.

I'm still surrounded by mostly TBMs, so I can't ignore it.

It's not a huge thing. But it feels good.

Re: [new level of exmo](#)

Posted by: [SusieQ#1](#) ()

Date: January 18, 2017 05:14PM

You are dealing with letting go of an emotional detachment! My view is that it is huge. It opens a door that was closed. Once you do that, you can see the LDS Church with some objectivity, just as you have experienced! Now, watch your world open up. Your whole World View will begin to change. What you thought about everything starts to be questioned. The WHY... sets in.

Detaching emotionally from those TBM's in your life re: the LDS Church will change how you view them also.

You are still the same person, but your eyes have been opened to the power of that emotional attachment!

Edited 1 time(s). Last edit at 01/18/2017 05:14PM by [SusieQ#1](#).

Re: [new level of exmo](#)

Posted by: [liesarenotuseful](#) ()

Date: January 18, 2017 05:25PM

thank you for your comments, [SusieQ#1](#). It does feel exciting.

Re: [new level of exmo](#)

Posted by: [getbusylivin](#) ()

Date: January 18, 2017 05:45PM

The church doesn't matter, is all.

Some Mormons matter because we live in the same houses or work in the same offices or otherwise co-exist. But the church? No, it's irrelevant.

I mean, I know that bungee-jumping and learning Greek and training horses and Abstract Expressionism all exist, but I have no interest in any of them. It's not worth it to calibrate my mind's radar to track their whereabouts. Likewise, Mormonism is simply something that exists, theoretically--like kumquats or salamanders.

I'll probably die before I ever eat a kumquat. And I'm totally cool with that.

Re: new level of exmo

Posted by: **ifcouldhietokolob** ()

Date: January 18, 2017 07:50PM

getbusylivin Wrote:

> The church doesn't matter, is all.

^ that.

I think, for many of us in the cult for a long time, there's a period when we first get out where we're looking over our shoulders. Checking around us before putting the coffee in our shopping carts at the store. Worrying about what the mormon neighbors might think if we mow our lawn on Sunday in shorts and no shirt.

And then, often, one day it just doesn't matter anymore. Usually that happens after some period of time where we do all the things above (and more), and *nothing bad happens.*

Congrats on reaching that point. Like gbl said -- the church just doesn't matter. You've let it go. :)

Re: new level of exmo

Posted by: **liesarenotuseful** ()

Date: January 18, 2017 09:39PM

so true, thank you.

It's really useful to "get out of Dodge"-to leave the "morridor" Posted by: **notmonotloggedin** ()
Date: January 18, 2017 09:43PM

It's wonderfully freeing and eminently emotionally healthy to live a life with Mormonism TOTALLY marginalized.

Re: It's really useful to "get out of Dodge"-to leave the "morridor" Posted by: **liesarenotuseful** ()
Date: January 18, 2017 11:30PM

I think it would be great to get out of here, but I don't see that happening any time soon. It's funny, I wanted so badly to live here so that I could be immersed in Mormondom. My, how things change.

Re: new level of exmo Posted by: **liesarenotuseful** ()
Date: January 18, 2017 07:53PM

getbusylivin, I like the way you explain and express things. It really doesn't matter, once you are able to separate from it.

The hard part for me is TBM loved ones who look at me with sadness, concern, and anger. Even that is starting to not matter as much.

Re: new level of exmo Posted by: **dagny** ()
Date: January 18, 2017 07:51PM

It's strange, isn't it.

When you are in the bubble, it all seems to make sense. Once you look at it from the outside, it is so obvious to see it for what it is.

Re: new level of exmo Posted by: **liesarenotuseful** ()
Date: January 18, 2017 07:53PM

yep

Re: new level of exmo Posted by: **Pariah** ()
Date: January 19, 2017 12:52AM

I still love living in Utah!

Mormonism isn't as huge as its arrogant members puff it up to be. There are so many wonderful things about this place, that Mormonism is overshadowed, and becomes an insignificant speck. Since leaving, our life is not empty, but full of love, family, non-and ex-Mormon friends, community, school, hiking, skiing, biking, camping, boating, water skiing, the opera, symphony, plays, safe neighborhoods, good doctors, hospitals, four beautiful seasons, sunsets over the lake, moonrises over the mountains....

"Mormonism totally marginalized."

Re: new level of exmo

Posted by: **liesarenotuseful** ()

Date: January 19, 2017 09:41AM

Utah is a wonderful place! Where I live nearly everyone is active. But I think about my grown son, who left the church as a teenager, he still loves it here. So, the more I marginalize the church, the more I'll see all the good that is here.

Re: new level of exmo

Posted by: **Dave the Atheist** ()

Date: January 19, 2017 12:53AM

Let us know when you get to the anger stage.

Re: new level of exmo

Posted by: **liesarenotuseful** ()

Date: January 19, 2017 01:02AM

Me? I was angry for a long time. I see this as getting past the anger a little bit. It comes and goes, though.

Re: new level of exmo

Posted by: **valkyriequeen** ()

Date: January 19, 2017 10:01AM

I still am gradually letting go of the anger too, but my husband has the right idea. He said that actually, you have to feel sorry for the active mormons; they haven't been able to break free of their minds' prisons yet. Our oldest daughter and her husband are very active but strangely, since we told them we left we have become closer. Hopefully, they will eventually see mormonism for what it is. My favorite color is blue, but glad to have taken the red pill instead.