

Should I tell my husband and kids I no longer believe in Mormonism?

Recovery from Mormonism (RfM) discussion forum.

Recovery Board : RfM

Should I tell my husband and kids?

Posted by: **missionarymomma** ()

Date: September 14, 2016 07:34PM

I am new to this forum and need some advice. I have decided I don't believe in the church and want to leave, but not really sure how I should proceed. My husband is a TBM, raised in the church and in the SP. he will flip out and probably want a divorce. I have a missionary son who has been out a yr. he is a robo missionary and will probably want to disown me. I have another son who turns 18 in 2 mos and a 15 yo and 4yo sons as well. The church is all they know. I don't want to loose my family, but also don't want to live a lie. I know my husband will at least request I attend sacrament mtg and don't say anything anti to the boys. This I where I am really torn. I feel as their mother, I need to be open and honest. I don't want my other sons serving a mission. But at the same time, I feel like they will blame me for ruining their lives by "losing my testimony". I know if I just blurt out everything I know is so false and misleading, they will all think I've just lost my mind and have been reading anti stuff. (In reality, I came to my conclusion by reading BOM and only church approved materials). I've been depressed lately as I'm not sure how to share my feelings w/ my family. Any advice is greatly appreciated.

Re: Should I tell my husband and kids?

Posted by: **elderolddog** ()

Date: September 14, 2016 07:41PM

You've probably answered your own questions about the reactions you're going to get, because you know DH and your kids.

How 'heavy handed' is your DH? Is there any chance he'll respect, intellectually, that you're an adult human being capable of rationale thought? Or is he going to roll his eyes a lot and suggest you don't know what you're talking about?

Re: Should I tell my husband and kids?

Posted by: **missionarymomma** ()

Date: September 16, 2016 09:18AM

He will blame himself for not nourishing and helping to strengthen my testimony so this could never happen. He will look back to see where he and we as a couple fell short in our diligence in doing everything thing asked of us. He is of the frame of mind that the harder you work and the more you do for the church, the more you are blessed. He will also see it as Satan trying to tear our family apart at a time in many ways we are closer than we ever have been.

Re: Should I tell my husband and kids?

Posted by: **Amyjo** ()

Date: September 14, 2016 07:56PM

Whatever rationale you offer realize it will be countered by your lack of belief and faith in the Mormon doctrine.

That's exactly right, that's what it is.

Let them know that you can no longer believe in something you've come to regard as makeshift and transient.

The church relies on heavy indoctrination and programming of its members. All that brainwashing we grew up with every Sunday by getting up and bearing our testimonies, while our elders did, ad nauseum. On my last days/weeks in church activity I came to appreciate how utterly rote and meaningless those words had come to be.

You would/will be doing your sons a great service by stepping forward and pronouncing your newfound faith. There is life beyond Mormonism, and faith can go with you if you want it to. It doesn't have to be the Mormon faith you ascribe to anymore, to still be a faith bearing woman. I still believe in God, I didn't chuck the baby out with the bathwater when I left.

I needed to find a new, revised "center of gravity." Mormonism takes everything you have, including your time, talents, resources, and most precious of all – your loved ones from you.

Be prepared for collateral damage. But don't go down without a fight for your family and your children.

I wasn't able to live a lie. I tried going back for a short stint after my parents deaths, out of nostalgia for my childhood and upbringing. It just showed me how false the church teachings are by the time I returned for a time, and reinforced why I left in the first place. My children went with me. They learned along with me, and I wasn't shy about sharing my materials with them after a certain point.

Son did a paper in high school on Mountain Meadows Massacre he chose himself. That topic illustrated to him things I couldn't have said in a thousand years. I learned

from his essay material things I didn't even know about that chapter of church history.

My daughter read "Mormon America" voraciously. If your children are intelligent as I'm sure they are, there is no reason why they won't find out for themselves. Your example will hopefully lead the way to bring them out of the cult.

Edited 1 time(s). Last edit at 09/14/2016 07:57PM by Amyjo.

Re: Should I tell my husband and kids?

Posted by: **missionarymomma** ()

Date: September 16, 2016 10:17AM

I have thought a lot about what counter arguments will be. The main thing that concerns me is I don't know how to explain the miracles I have witnessed from ward fasts or how my prayers have been answered over the years. Was it a Mormon God answering those prayers, Satan or the real God answering and blessing Mormons? Or were the answers and miracles only things we chose to see and believe? Or just how the cards fell?

Re: Should I tell my husband and kids?

Posted by: **liesarenotuseful** ()

Date: September 16, 2016 11:46AM

I believe in prayer. It hasn't always helped, but there have been a few times that my prayer was unexpectedly answered in a way I thought impossible. People from other (all) faiths have had similar experiences, not just Mormons. So I don't know for sure the reason I got what I needed. God? The Universe? Power of attraction? Coincidence? I just accept it, marvel at it, and say thank you.

Re: Should I tell my husband and kids?

Posted by: **Babyloncansuckit** ()

Date: September 16, 2016 03:11PM

God doesn't play favorites. Mormonism generated faith for you, but it was dependent on remaining in ignorance. You can (and should) still have faith. It just can't come from Mormonism. Is that a bad thing? Existence is endless. Mormonism is a grain of sand on the beach. Okay, maybe a glob of fish poop.

You're being forced to find faith in something beyond Mormonism, which is a

good thing. It might go down easier if you can convince your family that you still have faith in the divine, whatever that is. It's much better to seek than to settle.

Re: Should I tell my husband and kids?

Posted by: **danboyle** ()

Date: September 14, 2016 08:03PM

IF your husband asks you not to say anything to the kids, be sure to mention that the kids have attended sunday meetings for three hours their entire lives, seminary for an hour a day, and some a two year mission. Add in Youth conferences, Gen conferences, wednesday night mutual, and all the extra stuff....and he is afraid of a few comments from their own mother ? How weak are the church's claims ?

They are your kids every bit as much as they are his...

Re: Should I tell my husband and kids?

Posted by: **imaworkinonit** ()

Date: September 14, 2016 10:45PM

Yeah!

Re: Should I tell my husband and kids?

Posted by: **missionarymomma** ()

Date: September 16, 2016 07:20AM

This gives me courage! It also makes me so mad that they waste so much time going to mutual, seminary and so many PH meetings to be more indoctrinated. I realize now that the C keeps people so busy that they don't have time to think for themselves. I will fight for my kids to learn the truth!

Re: Should I tell my husband and kids?

Posted by: **AmIDarkNow?** ()

Date: September 14, 2016 08:15PM

First Welcome to the reality club!

Second. Sorry about the maddening situation you now live with but know this, you are not alone. I've been where you are at along with tens of thousands of others and there are probably tens of thousands other mormon couples in your situation right now.

Case in fact I met a guy at work just yesterday who remembered me from church and confided in me (after feeling me out to be sure I was safe to talk to) he lost his belief

due to logic and reason several years ago and dares not tell his wife.

I told him what I'll tell you. Be patient. Its not a crisis for the family. Sometimes it takes years to get the spouse to come around. Diane Ormond of "It was Science" fame took seven years to get her husband out.

Keep your anger to yourself. It's the church who has lied, not the family. I made that mistake and wish someone could have mentored me in my transition out. You are lucky on this point.

Come here to vent, get advice and perspective. I'll let others give more advice but remember this, YOU ARE NOT ALONE!

Re: Should I tell my husband and kids?

Posted by: **missionarymomma** ()

Date: September 16, 2016 07:23AM

Yes, I realize from all the replies that I am not alone. I am so thankful for this site!

Re: Should I tell my husband and kids?

Posted by: **pathfinder** ()

Date: September 14, 2016 08:15PM

"They are your kids every bit as much as they are his..."

This..

Just be honest. No bad mouthing the church or its leaders. Just be honest about everything.

Child: JS translated the BOM from the gold plates.

Mother: Actually, he put a rock in a hat, then put his face in the hat and told his scribes what to write. It's on the LDS website.

Etc, etc.

Just answer anything they say with the truth. From LDS resources where thy are allowed to search from. Teach them critical thinking skills and love them dearly. Let them see for them selves. They will.

Re: Should I tell my husband and kids?

Posted by: **Amyjo** ()

Date: September 15, 2016 05:08AM

How can she be honest and *not* bad mouth the church or its leaders? I mean the church is inherently *dishonest* with its laymembers, and has been since Joseph and Co. started it all.

Being honest means being critical enough to call a wolf a wolf, even in sheep's clothing.

Mama missionary needs to be able to come clean if she is to be taken credibly by her family, without giving up her integrity or authority as a wife and mother.

Re: Should I tell my husband and kids?

Posted by: **missionarymomma** ()

Date: September 16, 2016 07:30AM

I love this! I actually "fell away" about 15 yrs ago when I read about that in JS History (ironically after a challenge from the GD teacher to gain a firmer testimony of JS). I couldn't believe it. My husband made me agree to attend church and not be anti to the kids. He and the Ward "loved be back into the fold" after a few years when I decided it was easier to shelf everything and just not read or study. It won't work this time.

Re: Should I tell my husband and kids?

Posted by: **rubadubhub** ()

Date: September 14, 2016 08:37PM

Using you terms, "blurt" and "depressed," I would ask you to consider that you are in no state of mind to calmly, rationally state your new position, yet.

I would urge you to seek non-Ilds counseling to gain your own sense of what and how you wish to express any faith you might or might not have, or want to grow into.

One of the most common responses from TBMs is along the lines of, "If not Mormon, then what?! What have you found that is so much better than being a Mormon?!"

How will you answer that?

Another common assumption and accusation is that without LDS to define them, you will have no morals, or "moral center." How will you describe that? Your moral center?

Depression upon discovering the falsity of LDS is common. It is a grieving process. Imagine losing a loved one, and being emotionally attacked because of it. That may happen. If you are fearful (divorce) of telling your husband, you may want to solidify your emotional ground before discussing it with him.

No matter how you tell him, if he is steadfastly TBM, his first reaction likely will be to feel threatened. Only you know him, and a counselor can give you "tools" for his possible differing reactions – less threatening ways to break the news, and reassuring responses.

If in your heart of hearts you think that he would kick you to the curb, trying to leave you near destitution, talk to an attorney to learn your options, and actions to take to protect yourself.

If you love and respect this man, then let everything you do to prepare for "the talk" to be with that as an end goal. If you don't want to lose him, get it straight in your head, first. "Blurt" nothing. He has been a victim of TSCC, too, he's not the one who has hurt you. Show him the mercy that you would want, the preparation and grounding, were the shoe on the other foot.

Re: Should I tell my husband and kids?

Posted by: **AmIDarkNow?** ()

Date: September 14, 2016 08:40PM

""Blurt" nothing. He has been a victim of TSCC, too, he's not the one who has hurt you. Show him the mercy that you would want, the preparation and grounding, were the shoe on the other foot."

Great advice.

This is the mentoring advice I wish I would of had at my disposal.

Edited 1 time(s). Last edit at 09/14/2016 08:41PM by AmIDarkNow?.

Re: Should I tell my husband and kids?

Posted by: **missionarymomma** ()

Date: September 16, 2016 07:36AM

I totally agree. My 1st reaction was writing it all out on paper and I was going simply bring it up after scripture reading. But quickly realized I that would put everyone in an uproar and accomplish nothing. My entire world is the church and its people. My only non church friends are coworkers. This is going to be along road ahead and I think I will seek counseling.

Take it slow. Baby steps, be patient and calm.

Posted by: **Hedning** ()

Date: September 14, 2016 08:42PM

You don't have to announce you are an apostate and give all your reasons. Have some lite discussions with your husband about what you have learned especially issues with BOM, BOA etc etc. Leave books around the house like Rough Stone Rolling, Insiders View of Mormon Origins, In Sacred Loneliness, No Man Knows My History, etc. You don't have to confess you don't believe anymore just discuss issues. Your kids are old enough to discuss too. Take it very slowly, and bit by bit, become less active, and plan alternative family time away from church time.

Re: Take it slow. Baby steps, be patient and calm.

Posted by: **missionarymomma** ()

Date: September 16, 2016 07:44AM

I am reading ROugh Stone Rolling now. When he saw it he warned me to be careful as several people in our stake have left after reading it. (Little did he know that I knew all about the lies etc before I even opened that book—all from church approved sources.) He shared how someone with an unwavering testimony like him would never be able to be affected by that writing, but weaker people could be. It is so interesting how the church "teaches" to learn and ask and seek truth, but when you do that, you are told you are too weak to see the truth...

Re: Take it slow. Baby steps, be patient and calm.

Posted by: **imaworkinonit** ()

Date: September 16, 2016 11:13AM

<Eye Roll>

Strong people like HIM would never be swayed? Arrogant much?

Maybe after you talk to him, he can read it with you, and attempt to explain away the problems.

Re: Should I tell my husband and kids?

Posted by: **dejavue** ()

Date: September 14, 2016 08:44PM

I always find it rather interesting how some people get into this predicament. To me, marriage means sharing. It does NOT mean one person gets to cow down and live their life according to the dictates and wishes of the other.

As I discovered things and thought through things, I couldn't help but share those understandings with EVERYONE in my immediate family (wife and children). My doing so held the family together rather than isolating and destroying. It became a family experience and we all ended up leaving the cult.

I can not imagine the pressure of living in a house hold where one doesn't dare express their findings and feelings. Talk about a living Hell!

Obviously you are now way ahead of the game in your understandings and conclusions. The only way and least painful way to address this is to start sharing. You don't have to dump the whole load on them all at once. Bring up one thing at a time. As you know the list is quite endless of things that are MAJOR, not minor, problems.

When they give you the church approved pat answers, you don't have to pretend to agree or act like you are convinced. Just say something like, "I can't accept that answer yet, let me think about it". And then move off as if you are doing just that. Then in a day or two or more, bring up another "Problem" and repeat the process.

Slowly the walls of tyrannical communication will start to collapse and you will be able to share more and more. You don't have to get them to agree with you but they hopefully will start seeing your points without you having to cause a volcanic eruption.

Or you can just up and state your final conclusions, let things explode and let the chips fall where they may.

Both ways will be painful but when it's over then the healing can begin. Kind of like cutting of the dogs tail. Do you do it all at once or bit by bit?. I think it is way over

time that you got over being the subservient scared little rabbit of a wife/mother.

You are a person too and it is time you took your stand and shout out if you must "I AM WOMAN – HEAR ME". Establish that your opinions and thoughts are just as valid and important as anyone else's. Just because your husbands (and son's) plumbing is different than yours does not mean they are more capable or intelligent than you are.

Living a lie will eat you up while honesty and integrity will strengthen and let you blossom and shine.

What ever you decide to do or how you decide to approach your dilemma, know that you are appreciated and valued by others. Share here as often as you feel you can. There will be lots of thoughts shared with you. Take the one's that seem work best for you and give it try. Let us know how it goes. Hugs

Edited 1 time(s). Last edit at 09/14/2016 08:48PM by dejavue.

Re: Should I tell my husband and kids?

Posted by: **BYU Boner** ()

Date: September 14, 2016 09:19PM

I can't speak to the husband part. But, let me address the kids part--I have a son currently on a mission, others have served missions, and the married ones have been married in the temple.

I am very close to my children, and they to me. As the parent, I set the tone and pattern. I let all of my kids know that I love them and respect them. I tell them every day--several times a day--how much I love them. I tell them the specifics of why I am proud of them.

When religious topics come up, I generally repeat the official Mormon position without rancor and then add that others, myself included, often disagree with the official position. Generally, they will then ask me why I have my view and I tell them in a non-argumentative manner. My take is that you can use this approach with your kids.

With missions, I approach them with..."you're about the age when folks go on missions, are you thinking about it?" Then, I listen. Frankly, with 18 year old son it

doesn't matter so much the topic if they have an opinion, and I disagree with them, the result will always be, "Dad doesn't know what he's talking about." This is part of being 18. So I listen, I repeat back to them what they said, I tell them I love them, and although I may see things differently, I support their right to make their own decisions. I will always be there for them and they can approach me anytime with things they may want to talk about.

With temple marriages, I take a similar stance, except I approach them with, "hey, that's great news that you're engaged. I'm so happy for you. As you know, I'm not a member of your church, so I can't go to the ceremony. So, let's talk about how I can support you and help make this a special day for you given that I won't be in the temple." As my pastor told me long time ago with the first temple marriage, "So, you can't go to a 30 minute ceremony; well then, be there for their wedding for the rest of your life."

Yeah, it's hard not being a part of a wedding, or watching your kids leave on missions. But missionaries come home, married couples visit. You can have a wonderful relationship with your kids, but YOU have to set the tone and pattern.

Best wishes with the husband. If you do leave the church, it won't matter whether you divorce or not, he'll be released from his calling. The Boner.

Edited 2 time(s). Last edit at 09/14/2016 09:23PM by BYU Boner.

Re: Should I tell my husband and kids?

Posted by: **liesarenotuseful** ()

Date: September 14, 2016 09:53PM

You should write a book about how to do it right, BYUB! I never knew you were so kind and loving.

Edited 1 time(s). Last edit at 09/14/2016 10:18PM by liesarenotuseful.

Re: Should I tell my husband and kids?

Posted by: **missionarymomma** ()

Date: September 16, 2016 07:55AM

This is such wise advice! I am closer to my boys than my husband is, partly b/c he is always running around doing his calling—which deep down I think he really hates. I didn't really think about how he would be released if I left. Kinda makes me want to right away as I know how much he dislikes it.

Re: Should I tell my husband and kids?

Posted by: **summer** ()

Date: September 14, 2016 09:22PM

Welcome to the board, missionarymomma. I feel that the above board members are giving you good advice (I think the counseling suggestion is terrific,) but I would like to add that if you feel that divorce may be on the horizon, make sure that you have a solid knowledge of your family's financial situation. Get current copies of your banking and investment account statements, your tax return info, mortgage statement, retirement accounts, tax returns, etc. and put them in a safe place somewhere outside of your home. Also start thinking about whom you might want to consult if you need a divorce lawyer (and be prepared to get to that lawyer before your husband does.)

In other words, be prepared for any eventuality.

Re: Should I tell my husband and kids?

Posted by: **gatorman** ()

Date: September 14, 2016 09:22PM

Painful situation. If allowable could you share some perhaps enlightening information that might alter advice given or your chosen path?

Do you live in heavily LDS corridor?

Does your husband's employment or independent income depend on maintaining the charade of TBM status?

Do you have a career ongoing or one to fall back on if the worse outcome develops?

Do you have family that has left the church?

Anonymity can be torture or cover. Until clarifying your situation I recommend cover....plus follow Summer's advice above to the letter....

Gatorman

2-0

Edited 1 time(s). Last edit at 09/14/2016 09:42PM by gatorman.

Re: Should I tell my husband and kids?

Posted by: **missionarymomma** ()

Date: September 16, 2016 10:43AM

I live in a very Christian community w/ small but tight LDS population. We (LDS) are the only good people in our community, everyone else although mainly Christian are misled b/c they do t have the "fullness" and surely all drink and smoke and probably have affairs and what not according to DH.

Our family follows all rules to a T. My kids have very, very rarely been inside anyone's home is not LDS. B/c everyone's parents drink and it's not safe. Any child is welcome in ours, but hardly ever come over b/c we are so boring and strict. I have recently pushed my teens out the door to experience some sort of fun and other environments. This was met by much resistance (if he falls in the lake, or gets in a car wreck, or gets injured etc—it will all be my fault as I encouraged it. This is the DH that I have. He very strongly believes we are blessed by our obedience to the gospel.

I work FT and do all of our finances. I make double what he does; I could easily support myself. He would only want a divorce b/c I would be threatening his boys' salvation. Somehow, I need to slowly get him to open up to other views, as he is completely brainwashed. I know there are times he is frustrated w/ church and his calling. I am trying to capitalize on these moments. certainly there are things he is shelving by listening to others he has counseled over the years. That's what I did for so many years. By the time I had a bookcase full and looked at everything all at once, I just decided I couldn't live a lie. I've known for yrs it wasn't true, but it did so much good, I decided it wasn't harmful. Now, I see how it is and want it to stop! I'm sorry for the long post. Not sure if I even answered your ??s. Writing this out does help me process this whole mess.

Re: Should I tell my husband and kids?

Posted by: **danr** ()

Date: September 14, 2016 10:14PM

I made the mistake of coming out all at once, and it wasn't pretty. After much time we are still together and we get along great if we don't discuss Mormonism.

If I had to do it all over again I would discuss with my spouse about my findings in a slow manner. I would show them how devastated I am to find out the things I have learned about the church.

If they can see how hard it is on you to learn these things then they will be more supportive of you. Act as though you are almost sick to your stomach to learn the church isn't what it claims to be. Good luck, it can be a tough road.

Re: Should I tell my husband and kids?

Posted by: **liesarenotuseful** ()

Date: September 15, 2016 11:22AM

Even coming out slow didn't work for me. I was truly devastated by the things I was learning, and got no sympathy whatsoever. Feeling sick to my stomach was (is) real, and it didn't make any difference. So it works for some and not for others.

Like you, it's better now if we don't even talk about it. And dh is slowly starting to realize that this is real, that I'm not likely to "rediscover my testimony." It sucks, but we still love each other and have been together for so long, we're not giving up now.

Re: Should I tell my husband and kids?

Posted by: **Amyjo** ()

Date: September 14, 2016 10:52PM

For me the difference between coming out slowly rather than all at once was the cult factor.

Once I saw through the charade and was able to identify I was IN a cult, at some point I had to make a decision to break away from that. Like a druggie going cold turkey.

I withdrew mentally before I went physically, from church activity. But I didn't wait around or let my children decide if they wanted to go or stay. It was a family decision, actually.

My children were/are disciplined and developed critical thinking skills well before they left home for college. We went to other churches together exploring religion and Christianity, after leaving Mormonism the first time, during their grade school years.

Later they came with me to where I worshiped at Messianic Synagogue. We continued to worship together as a family, wherever we went. Lastly, since I've been going full Jewish they will attend with me when visiting, and enjoy being a part of my faith

fellowship now when we're together.

Whether we stayed or went, we did it as a family. Today I have one child who doesn't believe, and the other who does. But they were raised with my values, and now they're on their own, they need to find for themselves what they need for their lives. I hope I gave them their roots and as for wings, well I must have eagles for kids, because they've flown far and wide.

Being honest is more important IMO than living a lie. Kids know when a parent isn't forthcoming, and it hinders open communication. As intensely personal as religion is, once I knew we were inside a cult, I knew we had to leave and do it as a family. How could I forgive myself if I left, but my children didn't – when they were still minors? It was my job as their parent to protect them.

The church will try to destroy you once it knows you no longer believe. They may use your children as leverage, and also teach them it's alright to sever ties with disbelieving parents. I could not condone or support my children had any part in that heresy – nor did I have any desire to be excluded from things like their getting married in the temple. That would've been another wedge in our family life.

As a mother, we wield much influence over our families. Who'd want to place our children's welfare knowingly into a cult's snare and lair? I wouldn't become a Moonie or a Scientologist for the same reason/s I left Mormonism. It just isn't worth the cost.

ETA: child who still believes is not a Mormon. She became Orthodox Jewish. My children have left Mormonism behind. Praise the Lord!

Only with Mormonism is it an "all or nothing" proposition. They will want you to believe you've lost your eternal salvation by leaving, will ostracize and shun you from the group for apostasizing. Churches/denominations that are *not* cults, DO NOT DO THIS.

Edited 1 time(s). Last edit at 09/15/2016 04:57AM by Amyjo.

Re: Should I tell my husband and kids?

Posted by: **Mike T. ()**

Date: September 15, 2016 06:57AM

Just trying to be positive here. This reminds me a great deal of think4u, an RfM poster a couple of years back. She was faced with the same dilemma. A gorgeous woman in her late 50's or early 60's, her TBM husband left her and married someone else. Her kids (she has many) abandoned her. She couldn't see her 20-odd grandkids. She left Utah and began a whole new life, but things have turned around, best I understand, and she's back in communication with her kids, and thankful for her freedom. It is like Amyjo says, there's likely to be collateral damage, but that needn't mean it will be permanent. And your husband will have knee-jerk reactions based on the embarrassment of loss of face for being a "priesthood leader" with a back-sliding wife. That's all so very Mormon. But in the end, you kids will probably thank you and bless you for their own salvation.

Re: Should I tell my husband and kids?

Posted by: **b9k9** ()

Date: September 15, 2016 11:28AM

This is all fine advice, but it seems to ignore the elephant in the room: why are Mormons Mormons? To expand, why are Mormons Mormons, but others (the vast majority) are not? If one were to examine – across a broad spectrum – the various primary characteristics of practicing LDS members, would consistent traits be discovered?

The reason I bring this up, of course, is because LDS members are/were targeted for a reason. When market researchers explore the development of new products (or political consultants advise on new themes), they well understand that a significant number will not be persuaded. However, that doesn't really present a problem as long as those who will/do accept the basic premise is large enough to warrant the investment (of time & money).

So, dial back the time machine and consider who JS was targeting. Was he appealing to the rationale, independent frontiersmen (and women) of his day? Of course not; his smarmy BS repelled them. No, what he was targeting is the same sad pathetic creatures all cults crave: the weak, the indecisive, the easily manipulatable.

Now, consider the advice being given by this board. In effect, you're telling a 40 yo male who is 5'8" to play in the NBA. IOW, there are simple physical attributes that make the goal impossible. Think about it a bit – anyone who has left and can clearly express themselves in a rational manner is at heart simply not part of the overall dynamic of the church.

Advising others who do fit the archetype of church membership as to how to proceed is ignoring their basic human character: members of a cult are members of a cult because they are predisposed to being members of a cult.

Cult leaders understand this axiom extremely well, which is why they have designed and perfected internal reporting systems, positive reinforcement (rewards, typically financial but also sexual), negative reinforcement (punishment, banishment), and other means and methods to enforcement conformance.

Rather than just offer blandishments of advice, perhaps those offering insight should consider that those with a predisposition towards adherence to authority may need a different dose of authority. In many way, the electro-chemical mix that causes (mental) dependency may need something similar to heroin->methadone substitution treatment to pave a smooth(er) transition.

Re: Should I tell my husband and kids?

Posted by: **elderolddog** ()

Date: September 15, 2016 12:26PM

Big round of applause!!

Re: Should I tell my husband and kids?

Posted by: **imaworkinonit** ()

Date: September 15, 2016 11:53AM

You may or may not be right about your husband flipping out and wanting to divorce you. But if you operate under the assumption that he would, and hide your true feelings forever, what kind of life is that? Is that a relationship that supports and nurtures you, or is it a living hell? And how can you even be sure that he actually WOULD reject you? You could be completely wrong.

I was reading in a book today, about dealing with people that don't approve or would reject you for your imperfections, and the author wrote: 'if they are going to reject you for being imperfect, let them do it and get it over with.' The idea being that you'll survive and move on. He even advocated asking them what they would do if they found out you made a mistake [or stopped believing, in your case]. Of course, leaving the church isn't a mistake, but your husband will perceive it that way. Would he stop loving you because you made a mistake? If so, is that even love, or some kind of demanding perfectionism? And, BTW, this area of the book is about dealing with our OWN perfectionism, and not being paralyzed by the fear of rejection. (David Burns, M.D. and the book is Feeling Good, Section IV of the book is pure gold for

those of us recovering from perfectionism and people pleasing).

I'm not advocating dumping this all on him at once. It's better to bring things up over time so he has time to realize that you are changing, and can get used to the idea.

But if you feel pretty sure he will leave you over it, you can never be secure in that relationship. If you suppress who YOU are and who you want to be in order to please HIM, then you are living in fear, and guaranteeing your own misery. You need to move to having an authentic relationship with him, and find out if you can live together authentically. If not, then you deserve a better life.

Edited 3 time(s). Last edit at 09/15/2016 12:02PM by imaworkinonit.

Re: Should I tell my husband and kids?

Posted by: **missionarymomma** ()

Date: September 16, 2016 08:39AM

I read that book many years ago! I think I will have to revisit it again. My DH and I are closer now than we ever have been. He has said a million times that his biggest worry in the world is his sons losing their testimony or falling away from the church. He feels so blessed that all of his sons are so strong in the faith and want to attend church, seminary and go on missions etc. my children are super obedient. The only reason I think he'd want a divorce is b/c I will not keep my mouth closed about the lies I know of. As much as he loves me, he will want to chose the church and his boys' salvation over me since I will be threatening the thing he believes is his biggest and best accomplishment in his life. This will be a long road, I am so thankful for this board and so much input.

Re: Should I tell my husband and kids?

Posted by: **summer** ()

Date: September 16, 2016 11:24AM

What your husband needs to understand is that if you get a divorce, you will have the kids at least half of the time during which you can say to them whatever you please.

zip your lip

Posted by: **SonOfLaban** ()

You have no right to destroy the illusion of security enjoyed by your family. A woman should simply go with the flow until her final hour, then account to the Savior why she chose to be such a worm.

Date: September 15, 2016 12:39PM

http://www.huffingtonpost.com/mette-ivie-harrison/mormon-woman_b_8208328.html

Re: zip your lip

Posted by: **seekyr** ()

Date: September 16, 2016 01:14PM

Sounds like a possible song "I was a worm for Jesus"

Re: Should I tell my husband and kids?

Posted by: **M.Breckenridge** ()

Date: September 15, 2016 01:05PM

You are seeking truth in your life. You have reached a point that you are unafraid to face the big picture full of facts rather than a cherry picked version of life that the Mormons embrace.

Should you tell? At some point you will.

This is too big not to. It could spill out or be revealed carefully. Either way, you will not be able to know in advance what reactions will be. There are too many variables. The most important variable is that which is the topic of K9B9's excellent post.

What you can do is present yourself as someone who is honestly and sincerely searching for truth and nothing more. If they see you have no agenda and only consider you to be "lost," then you will not be perceived as a threat. After the initial shock of your revelation, this may allow them to begin to get to know the real you and appreciate that you are on a journey of your own that is important to you. They will see your sincerity. They will see your morality. They may adapt.

Don't rush. Stand still. Breathe. We always need to let wild animals approach us and not vice versa. This only happens when they feel safe around us.

Don't defend. Don't explain. Just say you are searching for truth and understanding.

You know you have the biggest gamble of your life on your hands and no matter

what advice you get here, it will play out however the cards are already stacked.

Good luck. My heart goes out to you.

It was exactly this problem that made me leave the church...

Posted by: **dimmesdale** ()

Date: September 15, 2016 02:11PM

It was in the temple when I was sitting in the "women's waiting room while my son and husband were in getting the endowments.

I had a lot of time to think.

I prayed and prayed (in the temple) and a strong feeling came to me that I HAD to stop going to church and I had to tell my children why. I immediately felt a huge burden leave my body and felt happier and more free.

When I got home, I began the process of letting my children know (in very kind and careful terms--similar to BYU-B) and the process of leaving. I had three church callings at the time, and it took a few months to wind down.

It's the most courageous thing I've ever done, and my children have all thanked me for it. Even the son who was going on a mission that very day. Sadly, I didn't figure it out in time to save him from that--but he has recovered.

It takes a while to reorganize your life after something like this. After all, it's a total immersion to be an active mormon.

I say, you MUST do it for your kids.

Re: Should I tell my husband and kids?

Posted by: **JVN087** ()

Date: September 15, 2016 03:10PM

When I went to lunch today I heard the "pina colada song". If you are not familiar; a guy is bored in relationship looks thru the personal ads sees one that catches his attention, meets the lady and it turns out to be his "lovely lady"

Perhaps your husband has his doubts as well, maybe he is even lurking or posting here. But is afraid of disappointing you.

But you will not find out unless you communicate.

Re: Should I tell my husband and kids?

Posted by: **scaredhusband** ()

Date: September 15, 2016 04:57PM

Should I hold my breath as long as I can and then gasp for air when I can no longer do so? Or should I slowly and in a calm manner make my breaths deeper and maybe skip one or two when I can control it?

There are times and situations for both. What do you want to accomplish? Are you seeking understanding? Are you seeking validation? What are you trying to avoid? Just a couple of questions to ask yourself I believe.

Re: Should I tell my husband and kids?

Posted by: **b9k9** ()

Date: September 15, 2016 06:26PM

I'm usually pretty flippant about those who find themselves in difficult situations as a result of their own (foolish) choices. This kind of sentiment can be expressed as: "sucks to be you".

But the issue of children being brainwashed & manipulated by a cult against their own will and/or better judgment is one that really raises various questions about basic human rights abuses.

The constitution affords equal protection to all – including children. For obvious reasons, those under the age of majority (18) are remanded as wards of either their parents or the state. Having parents act as regents for their children, however, does not give them license to engage in what amounts to child abuse.

How religions in general, and cults specifically, are allowed to get away with this kind of behavior is a really good question. It really speaks to the (lack of) sincerity of elected leaders who profess to support the constitution and all that it endows.

The simple answer as to why it continues, of course, is power. The churches have power; politicians crave power. As such, it's much more conducive to engage in a wink wink, nudge nudge partnership, rather than really fight for the rights of what essentially amounts to an oppressed minority.

When you view the playing arena with this kind of perspective, it really begins to dawn on you that no one else is looking out for you. (Which of course is the entire

point of the canards all churches offer.) As the saying goes, 'you're on your own kid'. That's why it's important to have a strong, supporting marriage. Your only chance to have anyone else even give the slightest damn about you is your life partner.

If that person is not willing to go to bat for you, or even worse, is actively engaged in sabotaging your independence by acting as an agent of those who would (and do) oppress you, then you've got to face the reality that you are well and truly alone.

But you are alone regardless; so why not forge a path that at least holds out some promise of possible redemption vs condemning yourself to a life of misery?

Edited 1 time(s). Last edit at 09/15/2016 06:28PM by b9k9.

Re: Should I tell my husband and kids?

Posted by: **kathleen** ()

Date: September 15, 2016 07:08PM

I told my five boys. Four are OK with it.

My oldest and his kids went from "You are the best grandma in the whole world!" to complete silence. We haven't seen nor heard from him since Thanksgiving 2015. Oh, wait, I take that back ... he sent me an email in January saying he was done with me forever.

He disowned his apostate Dad and four brothers, too.

But, it enabled one son to confess to me that he hasn't been a believer for a long time (he was EQ president when he told me that).

My TBM mega-missionary son (returned) loves his ole mamma no matter what. Even his wife TBM wife is still good as gold to me.

I wish I had good advice for you.

Good luck.

Re: Should I tell my husband and kids?

Posted by: **subeamnotlogedin** ()

Date: September 15, 2016 07:26PM

In my opinion words often come out the wrong way. I would encourage you to write him a note and give it to him when the kids are in bed. Watch him as he reads it. Before giving him the note tell him that you love him and how you feel about him your kids and your family. Tell him that you respect him too much to be dishonest to him and that you want to be your authentic self. Food preferences, color preferences, friends, activities many things change over the years. Of course you are not the same person when you are 10, 20, 30, 40 or 50 years old. Time changes a person and it would be silly to think that faith can not be changed. Probably he already has an idea that you have struggles with the faith. The church has been quite open about "doubt your doubts" and a crisis of faith. Elder Jensen said members are leaving in droves. Yes let your husband know in a calm and loving way. He is a grown man and should be able to handle his wife telling him what she believes in or does not believe in any more. I am sure in your over 20 years of marriage there were times that the 2 of you had different opinion on things and you have worked through it. Now this will probably feel to him like an absolute shock and break his world but it would not be fair to your marriage to have to play a TBM when you are not.

Re: Should I tell my husband and kids?

Posted by: **elderolddog** ()

Date: September 15, 2016 07:44PM

It bugs the crap out of me when the OP won't reappear to let us know whose advice she likes best!

It's tedious for the bookies to return all the wagers.

Re: Should I tell my husband and kids?

Posted by: **subeamnotlogedin** ()

Date: September 15, 2016 08:00PM

elderolddog I have read you 2 lines several times and there is a lot of wisdom in them.

Re: Should I tell my husband and kids?

Posted by: **missionarymomma** ()

Date: September 16, 2016 09:19AM

What is OP?

Re: Should I tell my husband and kids?

Posted by: qanae ()

Date: September 16, 2016 10:12AM

Original Poster = you :-)

I am in the same situation as you BTW. A Father with a boy ready to go on a mission, TBM wife and kids. Wife who is in suffering greatly and disappointed in me. All friends LDS, local family all LDS, BIC (born in the covenant – see the 'Glossary and Abbreviations' to get familiar. It links from the Recovery page here).

I totally empathize with your situation and it looks like we are both getting good advice. Stay strong!

Edited 1 time(s). Last edit at 09/16/2016 10:21AM by qanae.

Re: Should I tell my husband and kids?

Posted by: missionarymomma ()

Date: September 16, 2016 10:49AM

I'm sure it's worse being a male w/ PH. How could you deny that? I just makes me sick to think my poor son it working his tail off in Brazil to bring people into the fold of lies. He has so much guilt and is so hard on himself when he isn't able to baptize someone. He blames himself for not working hard enough etc.

Re: Should I tell my husband and kids?

Posted by: qanae ()

Date: September 16, 2016 10:59AM

I'm not sure it is worse being male. My Wife has the same heartbreak believing the false notion that I have abandoned her and her and exalted opportunities in the CK. I have a sneaky suspicion this is going to get worse before it gets better.

My step-son who returned about 2 years ago has told me in private about his struggles with the church. He still believes in the Priesthood but nothing else. He has told me most of his companions have left the church. He also does not know of my situation. I am not in a position to tell him how the Priesthood revelations were made up after-the-fact. To do so would be

grievous to my wife, and an assault on our trust – and I understand why.

My other step-son (18) has a social disability, and I have thought forever that a mission would be a great opportunity to deal and grow with adversity. I am conflicted on this one, as I feel like a rat for encouraging him to go, when I know he is selling a sham.

Edited 1 time(s). Last edit at 09/16/2016 11:49AM by qanae.

Re: Should I tell my husband and kids?

Posted by: danr ()

Date: September 16, 2016 02:00PM

You may want to watch this Mormonstories video on Tre Shortland:

<https://www.youtube.com/watch?v=zfAQrQGZCiU>

He also went on his mission to Brazil, and realized that other people's salvation rested on his worthiness. He was told by his mission president that if he "self abused" he would be punished by God and not given investigators to teach and bring into the church.

Re: Should I tell my husband and kids?

Posted by: incognitotoday ()

Date: September 16, 2016 10:28AM

Here's something to consider. You don't trust talking to him/them because trust and respect don't live in your relationships. The church wants everyone to be more concerned with image than substance. IMHO, you and your husband have never permitted pure honesty in your marriage. You both play a role for others to witness and never bonded as confidants, best friends and lovers. Maybe I'm wrong, but I'll bet you never were able to completely reveal your true self in all the years. Fear.

My wife left me because I was brave enough to share my dis-belief. It hurt so bad in the beginning. The pain was unbearable. I felt disposed of. But, now I realize she loved her cult and image and didn't really love me.

I am so peaceful now; looking back. I am truly happy without the constant pursuit of perfection. If you are true to yourself and they leave you, that means there was no true love for who you are as a human being. All they care about is what the cult

thinks.

I don't know you personally, but I love you as a person. I really care. You are an unknown friend. Be brave. Live authentically. Let fear not guide you. You have all of us here to love you.

Would you rather know you are loved by them or just a place holder?

Re: Should I tell my husband and kids?

Posted by: **missionarymomma** ()

Date: September 16, 2016 10:57AM

I totally agree w/ you. I think we do have a pretty honest relationship w/ everything except church. When it comes to that, I have always backed down. He has always been the say all end all when it comes to church. He KNOWS he is right. I have so much to teach him...

Re: Should I tell my husband and kids?

Posted by: **eternal1** ()

Date: September 16, 2016 11:32AM

But, can you teach someone that doesn't want to learn?

Re: Should I tell my husband and kids?

Posted by: **missionarymomma** ()

Date: September 16, 2016 01:10PM

So true...

Re: Should I tell my husband and kids?

Posted by: **popciclesticks** ()

Date: September 16, 2016 12:14PM

You are a slave to the tyranny of your husband and Mormonism. That is a shitty way to live. It is not sustainable. Compromise is the only way out. He has zero right to determine what you say or read. When your kids find out what a fraud that religion is, and then find out you knew all along, I would not be surprised if they resent you for it. They will find out, young folks are leaving at a high rate, and the odds are that at least some of yours will be among them. The truth is always best. Don't be bullied into silence.

Re: Should I tell my husband and kids?

Posted by: **missionarymomma** ()

What is so interesting and totally disheartening to me is that the church is what taught me to be completely honest. Honesty is a huge thing in our family. Here we have taught our boys to be honest in all things and the very thing that has driven us to do so is all lies. For many years I thought if it were a fraud, there is no way that God would allow it and millions of smart people in the church would know.

Date: September 16, 2016 01:10PM

Re: Should I tell my husband and kids?

Posted by: **Exmoron** ()

No, I don't think you should. Not worth the risk of losing your children, marriage, etc. That religion is on the cusp of being outed. Everyday, more and more BS comes out on that cult.

Date: September 16, 2016 01:36PM

TBM = True Believing Mormon, DH = dear husband, DW = dear wife, SP = stake president
TSCC = This so called church, BoM = Book of Mormon

Should I tell my husband and kids I no longer believe in Mormonism?

Recovery from Mormonism - The Mormon Church <http://www.exmormon.org>