

Davis County Ex-Mormon meetup Sunday June 08, 2025, 10:30 AM

[All links from Invitations.](#)

How to Find us: Sunday June 08, 2025
meetup is 10:30 AM at Smiths Marketplace,
1370 W 200 N, Kaysville, UT 84037. Entering
Smith's turn right, take the up staircase on
the right side of Starbucks, turn right on the
2nd floor at the top of the stairs, take 10
strides passing the lockers to the conference
room entrance on the right. **Contact:** Francis
'Nelson' Henderson, 858-668-6943,
francish12@gmail.com

Our purposes: First, when leaving
Mormonism, people often find that they no
longer have community or support. Our goal
is to provide support for each other and to
build community. So, whether you are a
member, or left the church recently, or have
been out for years, or were never Mormon
but are looking for community, come and
socialize with us and share your story.

Secondly, we uncover the fallacies,
deception, and misinformation employed by
the LDS Church to gain control over our
lives.

Subject of Discussion: Red Flags

“In real life, a manipulated subject has to be completely unaware that it is happening. She must be in full cooperation with the process.”¹ Red Flags to lookout for²:

1. **Deception:**
 - a. Deliberately withhold information
 - b. Distort information to make it more acceptable
 - c. Systematically lie to members
 - d. Information solely from friendly sources.
2. **Demand for Purity, Confession**
3. **Minimize or discourage access to other sources of information, including:**
 - a. Internet, TV, radio, books, articles, newspapers, magazines, media
 - b. Critical information
 - c. Former members
 - d. Keep members busy, so they don't have time to think and investigate



¹ Luna Lindsey's [website](#).

² [Freedom of Mind Resource Center](#) Dr Steven Hassan

4. **Phobia indoctrination: inculcating irrational fears about leaving the group or questioning the leader's authority**
 - a. No happiness or fulfillment possible outside of the group
 - b. Terrible consequences if you leave: hell, demon possession, incurable diseases, accidents, suicide, insanity, sinfulness, etc.
 - c. Shunning of those who leave; fear of being rejected by friends and family
 - d. Never a legitimate reason to leave; those who leave are weak, undisciplined, unspiritual, worldly, brainwashed by family or counselor, or seduced by money, sex, or rock and roll
 - e. Threats of harm to ex-member and family
5. **Manipulate and narrow the range of feelings – some emotions and/or needs are deemed as evil, wrong or selfish**
6. **Teach emotion-stopping techniques to block feelings of homesickness, anger, doubt**
 - a. Emotion over Intellect, anti-intellectual.
 - b. Commitment, pressure to comply.
7. **Make the person feel that problems are always their own fault, never the leader's or the group's fault**
8. **Promote feelings of guilt or unworthiness, such as:**
 - a. Identity guilt
 - b. You are not living up to your potential
 - c. Your family is deficient
 - d. Your past is suspect
 - e. Your affiliations are unwise
 - f. Your thoughts, feelings, actions are irrelevant or selfish
 - g. Social guilt
 - h. Historical guilt
9. **Instill fear, such as fear of:**
 - a. Thinking independently
 - b. The outside world
 - c. Enemies
 - d. Losing one's salvation
 - e. Leaving or being shunned by the group
 - f. Other's disapproval
10. **Mistakes unacknowledged, coverup.**
11. **Decision making done secretly, privately.**
12. **No financial Accountability, no disclosure.**
13. **Prohibited public disagreement or criticism.**