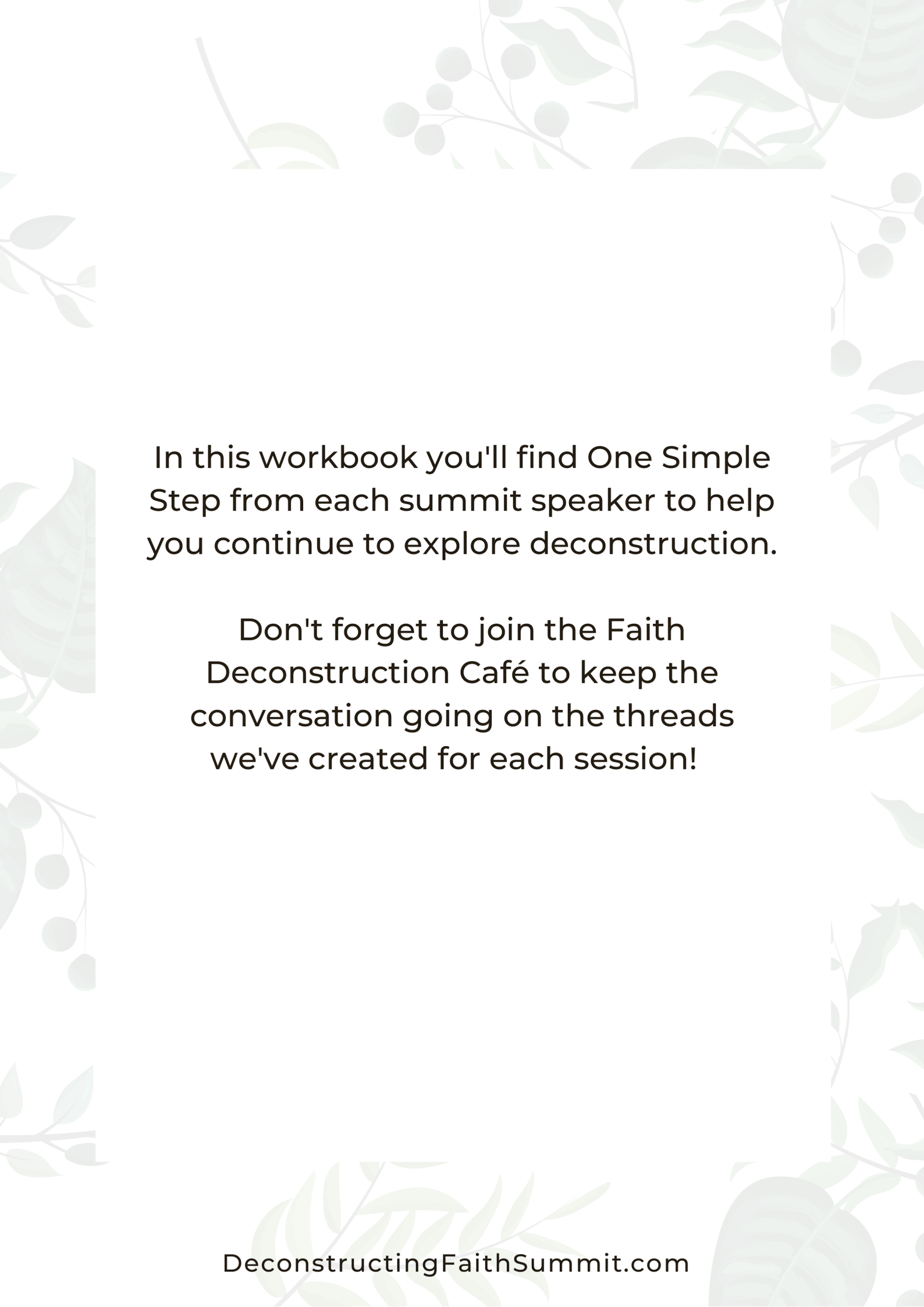


# One Simple Step



## **The 2022 Deconstructing Faith Summit Workbook**

[DeconstructingFaithSummit.com](https://DeconstructingFaithSummit.com)



In this workbook you'll find One Simple Step from each summit speaker to help you continue to explore deconstruction.

Don't forget to join the Faith Deconstruction Café to keep the conversation going on the threads we've created for each session!

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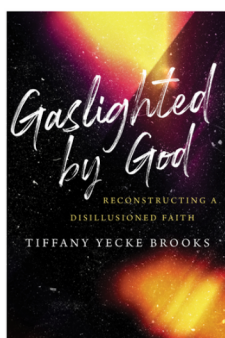
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# One Simple Step

Father Shannon T.L. Kearns

Who Am I Now?

Finding Your Footing After You've Left The Paved Path

**Find a spiritual practice  
that is centered in joy.**

**How can you implement this One Simple Step  
in your own life this week?**

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**Do you commit to implementing this step this week?**

# One Simple Step

Angela J. Herrington

Reclaiming Your Sacred Self

Make it a priority to get quiet and learn to listen to yourself for a change. Shut off your notifications, get off of social media, go sit in your car if you have to...But make it happen because you need you...

**How can you implement this One Simple Step in your own life this week?**

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**Do you commit to implementing this step this week?**

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# One Simple Step

R Scott Okamoto

A Sense of Self:

The Role of Race and Gender in Decolonization

Dare to imagine a world  
where everyone is valued  
and respected the way  
white people are now.

**How can you implement this One Simple Step  
in your own life this week?**

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**Do you commit to implementing this step this week?**

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# One Simple Step

## Kit Kennedy

Religious Trauma & the Nervous System:  
Deconstruction, God, & Pavlov's Dog

People talk a lot about boundaries. But few understand just how hard it is to set boundaries when you've never had the right to stand up for yourself or even discover your identity outside of the "covering" over you.

My one simple step is "Boundary Bath time."

You don't *have* to take a bath, I just made a habit of doing it this way. Run the bath, dim the lights, do whatever feels good to set the mood. Then survey of how you are feeling and what you are carrying. Ask yourself:  
What am I holding onto that's not mine to carry?

**How can you implement this One Simple Step  
in your own life this week?**

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**Do you commit to implementing this step this week?**

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# One Simple Step

**Kristian A. Smith**

Honoring Love Where We Find It:  
Challenging the Way We Engage With Other Belief Systems

**Engage people of other  
faith traditions in  
dialogue, with the intent  
to understand them.**

**How can you implement this One Simple Step  
in your own life this week?**

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**Do you commit to implementing this step this week?**

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# One Simple Step

**Jim Palmer**

Moving from toxic religious shame to radical self-acceptance

What would it mean for you to begin cultivating radical self-acceptance in your life?  
Choose one of the following areas as a place to begin:

- believing in your unconditional worth
- holding yourself in positive regard
- extending patience and understanding to yourself
- positive, affirming and empowering self-talk
- not placing unrealistic expectations upon yourself
- acknowledging your goodness, gifts and uniqueness
- giving yourself permission to be and express yourself
- believing in your ability to cultivate the life you want
- having faith in yourself and what lies within you
- allowing yourself to make mistakes
- prioritizing caring for yourself
- setting boundaries with toxic people
- not allowing others to diminish or demean you
- respecting yourself
- loving and celebrating who you are

**How can you implement this One Simple Step in your own life this week?**

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**Do you commit to implementing this step this week?**

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# One Simple Step

Carina Davis

Just Live

Spend time alone daily,  
just to hear your own  
thoughts. This will help  
you to recognize your  
own voice.

How can you implement this One Simple Step  
in your own life this week?

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Do you commit to implementing this step this week?

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# One Simple Step

**David Hayward**

Flip it Like This: Art as Transformative

Draw a picture of your deconstruction. You don't have to think you're an artist. Just draw whatever comes to mind.

**How can you implement this One Simple Step in your own life this week?**

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**Do you commit to implementing this step this week?**

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# One Simple Step

Karen White

Stay curious, and  
embrace uncertainty.

How can you implement this One Simple Step  
in your own life this week?

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Do you commit to implementing this step this week?

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# One Simple Step

Kevin Nye

Find a space in your immediate community where people gather across social boundaries of class and wealth. Spend time there.

If that space doesn't exist, spend some time reflecting on what the barriers are to this type of community and what it would take to deconstruct them.

**How can you implement this One Simple Step in your own life this week?**

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**Do you commit to implementing this step this week?**

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# One Simple Step

Cynthia Vacca Davis

Try something new. Dip a toe into a hobby or activity that you've always been curious about. Put yourself into an environment where you can meet new people, be exposed to fresh perspectives and connect to new resources, skills, and passions. Add adventure to your deconstruction journey!

**How can you implement this One Simple Step in your own life this week?**

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**Do you commit to implementing this step this week?**

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# One Simple Step

Amber Picota

If at all possible, limit your exposure to people who will judge you or shame you for wrestling with doctrines you once held near. If you can, find people who are also seeking freedom from toxic religion. Having an online community is completely valid.

**How can you implement this One Simple Step in your own life this week?**

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**Do you commit to implementing this step this week?**

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# One Simple Step

Rebekah Drumsta

Give yourself time. There is no need to rush your faith deconstruction. Let your heart, mind, body and soul walk through the process organically at your own pace. It's ok if you don't have an answer to all the questions.

**How can you implement this One Simple Step in your own life this week?**

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**Do you commit to implementing this step this week?**

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# One Simple Step

Meghan Tschanz

Ask yourself in what ways  
have I been trained to be  
complicit in a system that  
has harmed me or others?

**How can you implement this One Simple Step  
in your own life this week?**

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**Do you commit to implementing this step this week?**

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# One Simple Step

Naiomi Gonzalez

The one simple step I would recommend is to keep talking with people who are on this deconstruction journey, especially those who are coming to a different conclusion regarding their faith. They will both inspire and challenge you.

**How can you implement this One Simple Step in your own life this week?**

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**Do you commit to implementing this step this week?**

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# One Simple Step

Florence Okwusogu

Begin to embrace the idea that doubt in itself is sacred; every emotion and feeling we have is designed for a purpose, so is doubt. Such a simple reframe can work wonders.

Refusing to listen to our inner guidance actually makes the alarm sound louder for longer. I love this Zen saying: "The greater the doubt, the greater the awakening; The smaller the doubt, the smaller the awakening. No doubt, no awakening."

**How can you implement this One Simple Step in your own life this week?**

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**Do you commit to implementing this step this week?**

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# One Simple Step

Meghan Crozier

Join the free deconstruction book club hosted by Meghan on Discord, or start one of your own to read through a book that disentangles purity culture.

Books to consider might be *Pure* by Linda Kay Klein, *#churchtoo* by Emily Joy Allison, *Shameless* by Nadia Bolz Weber, or *Sex, God and the Conservative Church* by Dr. Tina Sellers.

**How can you implement this One Simple Step in your own life this week?**

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**Do you commit to implementing this step this week?**

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# One Simple Step

Eily Rae Hite

Question everything you were told you weren't allowed to do (watch porn, masturbate, kiss people, like people of the same gender, have sex, etc). Follow it back to who told you and what explanation they gave.

Think about how your gender, body, and anything else that may have been affected by what you were allowed or supposed to do.

Start questioning and research.

**How can you implement this One Simple Step in your own life this week?**

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**Do you commit to implementing this step this week?**

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# One Simple Step

Jonathan Puddle

The next time you lose your cool, overreact or hurt your kid's feelings, take a deep breath and apologize to your child(ren). Remind them that what you did wasn't appropriate, and you're sorry. Show them humility in action and let them process it.

**How can you implement this One Simple Step in your own life this week?**

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**Do you commit to implementing this step this week?**

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# One Simple Step

Torri Williams

Replace guilt with gratitude. Caregivers receive so many messages about what we "should be" doing, feeling, etc. Those messages can often seep in and produce guilt. That familiar (destructive) force that is so ingrained in "good Christian girls."

Some days I find myself feeling guilty and questioning my choices as a parent. In those moments, I find something to express gratitude for. So the message of 'I should have my children in church' becomes: 'I am grateful that my children are learning to experience a connection to their Creator without being required to go to a building.'

**How can you implement this One Simple Step in your own life this week?**

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**Do you commit to implementing this step this week?**

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# One Simple Step

Esther Joy Goetz

With every decision, ask yourself if you are being pushed by fear or led by love. And then do the your very next thing from the place of love.

How can you implement this One Simple Step in your own life this week?

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Do you commit to implementing this step this week?

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# One Simple Step

Matt Kendziera

Keep the dialogue about your faith going with your immediate family and close friends. Let them in on the journey so they can support and even challenge you along the way.

**How can you implement this One Simple Step in your own life this week?**

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**Do you commit to implementing this step this week?**

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