



THE EXODUS GROUP


Elders' Conversation Stoppers



*Introduction: You Do Not
Owe Them Access*



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 Leaving a high-control religious organization is not just about walking away physically—it's about reclaiming your voice, your choices, and your spiritual autonomy. One of the most powerful steps in that journey is learning how to set firm, respectful boundaries with those who once had unchecked access to your life, thoughts, and emotions.



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You do not owe elders, overseers, or any religious authority access to your private healing process.

Let this be clear:

They are not doctors. They are not therapists. And they are not more connected to God than you are.



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The idea that you must explain yourself to them or continue to subject yourself to their questioning is a myth rooted in control, not love. You are allowed to protect your peace. You are allowed to say "no." You are allowed to walk away without offering an explanation.

This guide was created to help you do just that —with words that are direct, grounded, and rooted in dignity. You'll find conversation stoppers, boundary-setting phrases, and responses you can lean on when you're feeling pressured, guilty, or shamed into a conversation you don't want to have.



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*There is nothing wrong with you for needing
space.*

*There is nothing wrong with you for saying
"I'm not ready."*

*And there is everything right with choosing
to protect your healing.*

*Let this guide remind you of what's true:
You are free. You are capable. You are not
alone.*



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*Let this guide remind you
of what's true:*

You are free.

You are capable.

You are not alone.

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*We only want to give you
encouragement."*

*"I appreciate your intention, but I'm
choosing to keep this area of my life
private and personal right now."*

*(Repeat as needed — 'private and
personal' is your anchor phrase.)*



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*But how can we help you if you
won't talk to us?"*

*"We all have private matters we
don't discuss with others—
including the elders. I'm simply
exercising that same discretion
for myself."*



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Are you refusing to talk with
us?"

"I'm not refusing—I'm simply
choosing not to have this
conversation right now. If
that changes, I'll reach out."



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*If they continue pressing or
interrogating:*

*"I'm not comfortable with this
line of questioning. I've shared
what I'm willing to share, and I
ask that you respect that."*



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*You're isolating yourself from
Jehovah's guidance."*

*"I'm not isolating myself. I'm
taking time to reflect and
honor my own spiritual and
emotional process. That
deserves respect."*



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*We're concerned about your
spiritual well-being."*

*"I understand, and I'm
taking care of my spiritual
well-being in ways that feel
aligned and honest for me
right now."*



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"We can't help you if you're
being defensive."

"Setting boundaries isn't being
defensive—it's being
responsible for my own peace.
I trust you can respect that."



[illegible]



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have a birthday party or want to
share your story please contact
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