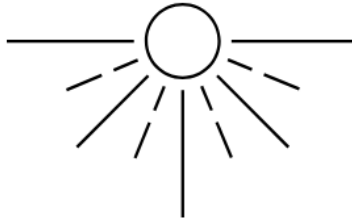




THE HOLISTIC COUNSELOR PODCAST



From the Mic to the Community

What is purity culture?

Explore messages about worth, bodies, consent, and shame.



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[THEHOLISTICCOUNSELOR.COM/RESOURCE](https://theholisticcounselor.com/resource)

A little clarity.

Understand the topic. Find words for your questions.

What did you learn about your body before you had the words to ask questions? Some messages may still feel meaningful. Others may need a closer look.

1 Understand the phrase

Purity culture often refers to a set of messages and practices linking sexual behavior, modesty, and gender roles with moral or spiritual worth. People's experiences vary. Choosing abstinence is not, by itself, evidence of harm.

2 Separate values from shame

You can hold sexual values without treating yourself or another person as damaged goods. Consent, care, and respect still matter within relationships and marriage. Responsibility for sexual abuse belongs to the person who caused it.

3 Explore without forcing disclosure

You do not need to write about sexual details or past abuse here. A qualified therapist can help you explore fear, shame, pain, or relationship difficulties at a pace that respects you.

Research & perspective

Research has found associations between purity-culture beliefs and sexual shame. Association does not prove cause or describe every person's experience. This is an emerging area of study.

General education for adults. This is not therapy, diagnosis, or an individual treatment plan. Sources and helpful links are on page 4.

Let's pause and reflect.

Your answers can stay private. Take this at your own pace.

Choose one question or explore all three. Skip anything that feels like too much. You do not need to revisit painful details to use this guide.

1 Which messages taught me care, and which taught me fear?

2 What would respect for my boundaries look like?

3 What question would I like to bring to a trained professional?

Optional faith reflection

Can my understanding of human dignity include both my values and compassion for my own story?

One next step

Write a question rather than a detailed story. Seek a licensed clinician with relevant training if these topics are distressing or affecting relationships.

If reflection brings up too much, pause. Reach out to someone you trust or a qualified professional. You do not have to do all of this today.

Continue the conversation.

Bring your questions. Learn more. Reach for support.

QUESTIONS TO ASK A PROFESSIONAL

- ☐ Do you have training in sexual health and religious concerns?
- ☐ How do you discuss values without imposing your own?
- ☐ Can we work without sharing details before I am ready?

Listen with curiosity

[Episode 90 - A conversation about spiritual abuse, purity culture, and recovery.](#)

[Episode 82 - Kristen Miele discusses faith and age-appropriate sexual education.](#)

Selected conversations are starting points, not an exhaustive list or treatment recommendations. Guests share their own perspectives.

Sources & useful resources

[Gray & Klement: Purity Culture and Sexual Shame](#)

[Church of England: Understanding spiritual abuse](#)

Confirm services, credentials, location eligibility, and fees directly. Linked organizations operate independently.

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