

Healthy Religion	Unhealthy Religion
Is obsessed with gratitude	Is obsessed with guilt
Focuses on the presence of God in the world; sees holiness everywhere	Focuses on the presence of evil in the world; sees contamination everywhere
Sees all the world as "us"	Sees all the world as "us vs. them"
Is closely related to mental health with its emphasis on repentance (metanoia) or "Most of my ills are self-inflicted."	Is distantly related to mental illness (paranoia) or "Most of my ills stem from what others are doing 'out there.'"
Unconsciously exhibits humility	Unconsciously exhibits arrogance
Treasures the differences in others	Wants everyone to be like them
Has a high sense of "all the saints" worshipping God together	Has a high sense of "the individual alone with his or her God"
Believes in learning from others	Believes in confronting others
Renounces manipulation of others, and lets them have their own beliefs	Desires to manipulate others into accepting their every belief
Wants God's forgiveness toward those who have harmed them or follow other gods; forgives readily	Wants God's vengeance toward those who have harmed them or follow other gods; often has low, long-simmering anger, masked beneath a smile
Focuses on what one can give, out of faith; anxious to give others benefits	Focuses on what one gets out of faith; anxious to get for themselves the benefits
Faith is primarily a matter of actions; words are used only to interpret one's actions	Faith is primarily a matter of words used as tests or orthodoxy. Shibboleth and sibboleth.
Is well aware that their faith may have some unhealthiness to it	Doesn't even dream their faith may be unhealthy