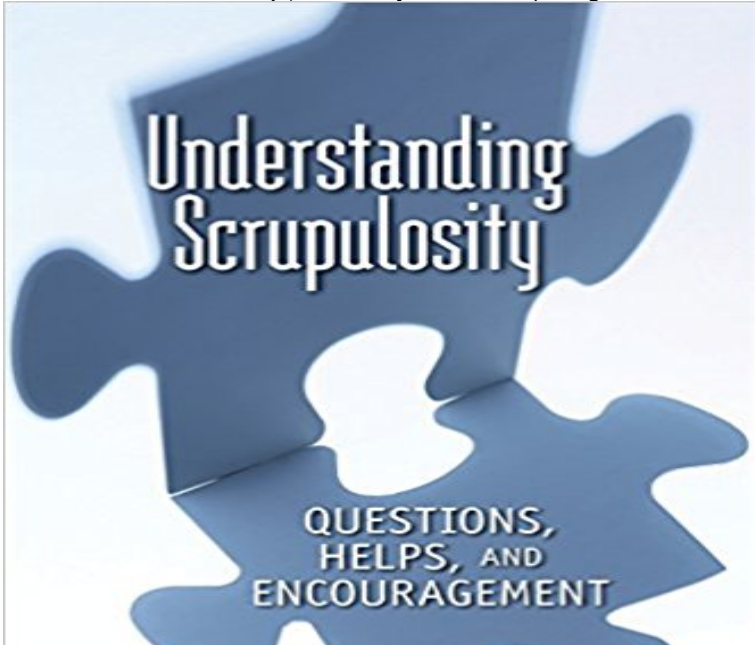


# Understanding Scrupulosity: Questions, Helps, and Encouragement



Many people, at one time or another, struggle with faith issues about sin, guilt, punishment, and hell. But a large segment of the population, many of them Catholic, are so afraid of sin that their lives are marked with anxiety and fear. These people suffer from an affliction called scrupulosity. Rather than experiencing faith as a source of peace, scrupulous individuals can't seem to shake their feelings of impending doom, disappointment, and eventual condemnation.

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