



The Spiritual Abuse Institute

2025 Annual Report

The DNA of SAI

MISSION

The Spiritual Abuse Institute exists to stop spiritual abuse by creating awareness, conducting research, and providing resources that help people heal, build healthy churches, and prevent spiritual abuse.

VISION

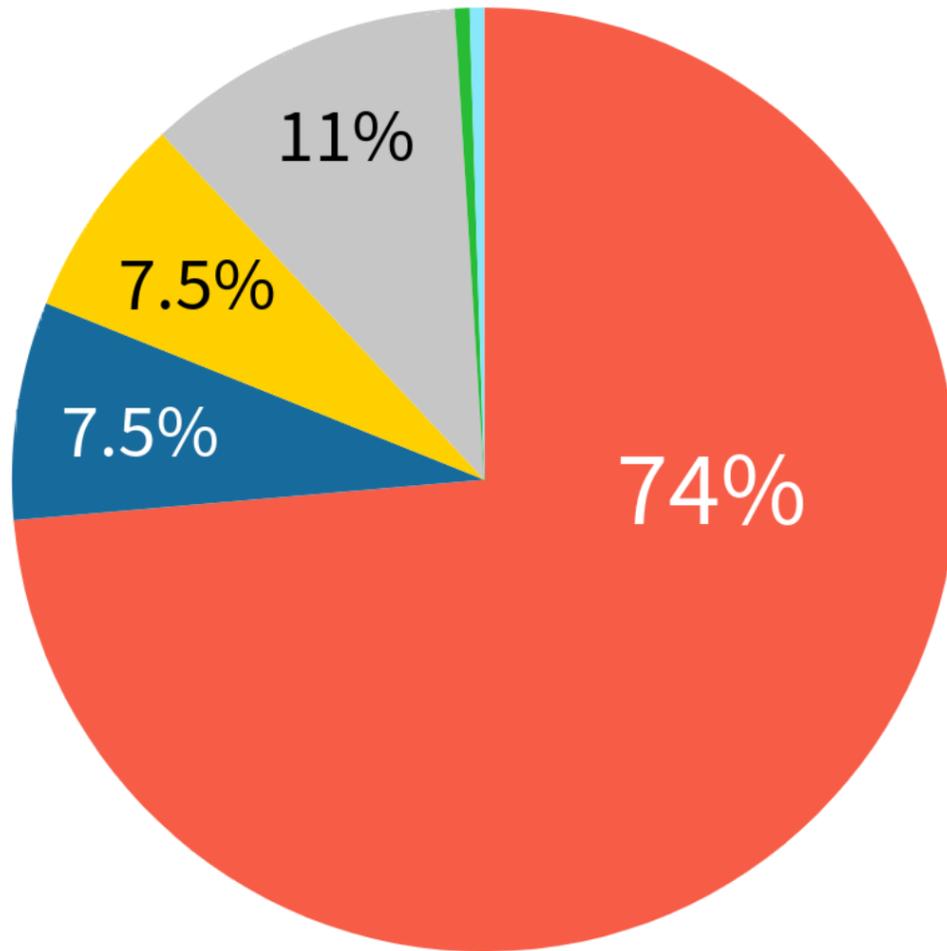
We are fighting to see a world where spiritual abuse is hard to hide, difficult to get away with, and extremely rare.

VALUES

- **We embrace uncomfortable conversations.**
- **We Ask Tough Questions.**
- **We Practice Radical Honesty.**
- **We are Solutions Oriented.**
- **We Set the Example.**
- **We Demand Accountability from the Church.**
- **We Prioritize Work to Prevent Spiritual Abuse Whenever Possible.**

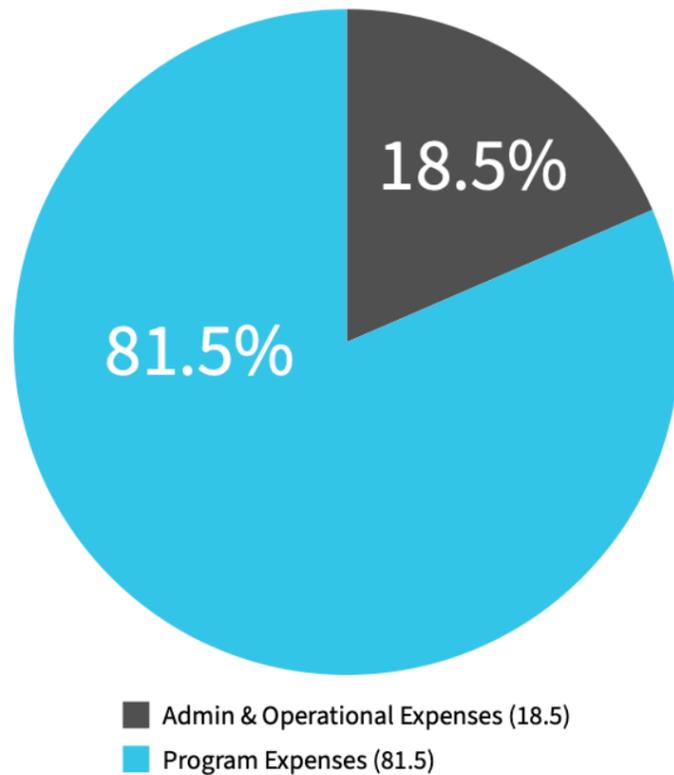


2025 Expenses at a Glance



- Program Expenses (74)
- Software & Communication (Program Support) (7.5)
- Legal & Insurance (7)
- Accountability & Compliance (11)
- Internal Development & Training (0.5)
- Fundraising (0.5)

2025 Financials at a Glance

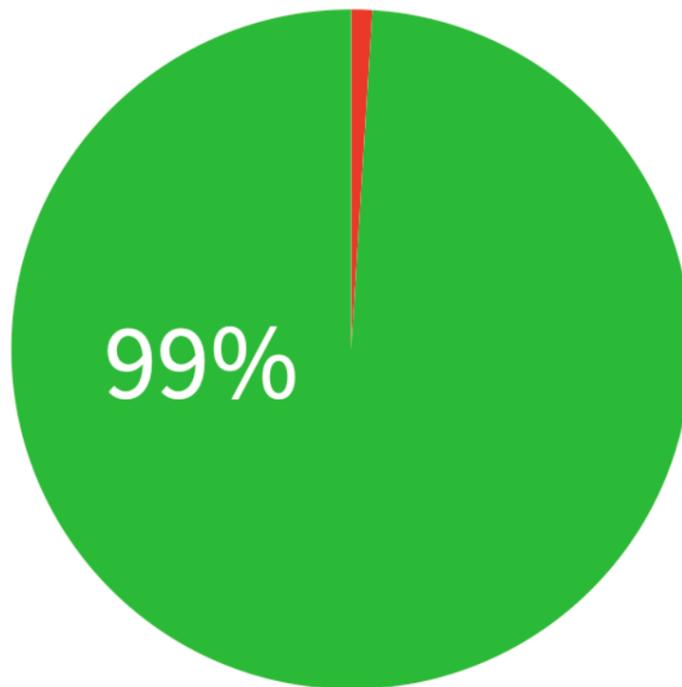


EXPENSE BREAKDOWN

81.5% SPENT DIRECTLY ON PROGRAMS OR DIRECT PROGRAM SUPPORT

18.5% SPENT ON ADMINISTRATIVE AND OPERATIONAL EXPENSES SUCH AS INSURANCE, LEGAL, COMPLIANCE, FUNDRAISING, ETC.

2025 Financials at a Glance



- Fundraising, Organizational Care, and Other Discretionary Expenses (1)
- Programs, compliance, and essential tools (99)

A LEAN OPERATION TO MAXIMIZE DONOR GIFTS

99%

of expenses went to essential missional items. These are major programs and legal and compliance items that are required by the government and our bylaws.

1%

of expenses were spent on discretionary items such as fundraising, training and development, and other miscellaneous expenses

2025 Financial Details



Spiritual Abuse Institute
Income Statement
for the period of 01/01/2025 to 12/31/2025

Account Number	Account Name	Amount
Income		
Donations		
4000	Donations Income	\$38,055.31
Total Donations		\$38,055.31
Other Income		
4100	Interest Earned	\$5.40
Total Other Income		\$5.40
Total Income		\$38,060.71
Expense		
Program Expenses		
5000	Awareness	\$125.12
5001	Content Creation	\$7,693.41
5002	Events	\$0.00
5003	Awareness Meetings & Interviews	\$0.00
Total for 5000 - Awareness		\$7,818.53
5100	Prevention	\$0.00
5101	Safe Church Programs	\$3,686.22
5102	NDA Disclosure Database	\$4,610.64
Total for 5100 - Prevention		\$8,296.86
5200	Research	\$0.00
5201	Applied Research Projects	\$2,500.00
5202	General Research	\$0.00
Total for 5200 - Research		\$2,500.00
5300	Resources	\$0.00
5301	Table Groups	\$2,177.50
5302	General Resources	\$0.00
5303	Awareness Apparel	\$1,036.60
Total for 5300 - Resources		\$3,214.10
Total Program Expenses		\$21,829.49
Administrative Expenses		
6000	Insurance	\$934.00
6100	Software & Tools	\$2,000.26
6200	Legal Expenses	\$1,000.00
6300	Compliance Expenses	\$3,167.01
6400	Bank Charges & Merchant Fees	\$46.78
6500	Website & Communication	\$178.34
6600	Office Supplies & Postage	\$0.00

2025 Financial Details Continued

Account Number	Account Name	Amount
Total Administrative Expenses		\$7,326.39
Other Expenses		
7000	Training & Organizational Development	\$127.10
7100	Fundraising	\$153.19
Total Other Expenses		\$280.29
Total Expense		\$29,436.17
Net Income (Loss)		\$8,624.54

ASSETS & LIABILITES



Spiritual Abuse Institute
Balance Sheet
as of 12/31/2025

Account Number	Account Name	Amount
Assets		
1000	Checking	\$ 15,250.88
Total Assets		\$ 15,250.88
Liabilities		
Total Liabilities		\$ 0.00
Equity		
3000	General Funds - Fund Balance	\$ 15,250.88
Total Equity		\$ 15,250.88
Total Liabilities + Total Equity		\$ 15,250.88

Other Financial Notes

<0.5%

WAS SPENT ON
FNDRAISING IN 2026

\$8,624.54

Net revenue allowed us to stop operating week to week and start planning and commissioning projects in advance.

CONTRACTOR & EMPLOYMENT EXPENSES

0 STAFF

SAI paid no employees, part-time or full-time, in 2025. We only paid contractors as necessary and we only paid for completed work directly impacting programs.

\$75,000

No contractor or service provider for SAI can be paid in excess of \$75,000 annually. This is written in our bylaws to ensure no one person or business can be personally enriched via this work.

CONTRACTOR TRANSPARENCY NOTES

- Total contractor payments in 2025 were \$22,281.80.
- In 2026, SAI paid one contractor, Jeff Cochran (who also volunteered separately as our executive director.)
- Jeff's hourly rate was capped at \$32.50 per completed project hour by an independent board. Other contractors set their own rate, but Jeff's was capped separately in order to avoid even the appearance of impropriety.

We hope to add additional contractors to assist with this work as funds become available in 2026.

Milestones & Celebrations

- Operated for the year with a full and independent board, growing the leadership of SAI from three to six people. Not only that, but we also put our money where our mouths are by spending 11% of our total budget to increase our accountability to the public and our supporters.
- The Safe Church Pledge was built, launched, and refined, ready to hit 2026 running and pursue our goal of reaching out directly to 1,000 churches.
- Trainings and resources to help church leaders take the pledge in their church were written and designed, ready for production and distribution in 2026.
- The NDA Disclosure Database was designed and launched in 2025, bringing direct accountability to churches and ministries regarding an often hidden practice that has too often been both direct and indirect parts of people's religious trauma stories.
- A Curriculum for helping people move forward after religious trauma and spiritual abuse was launched and refined.

Milestones & Celebrations

- We finished our Alpha version of Table Groups by walking with 39 people through a 9-month journey through the curriculum.
- The curriculum was redesigned into a beta version that can go from helping 10's to thousands of people worldwide take steps forward and toward healing. Production is now underway and the new course will be available at no cost later in 2026.
- We completed our first applied research project with the "Building Safer Churches" report that significantly informed the development of the Safe Church Pledge and continues to inform our conversations with Christians and church leaders everywhere about avoiding scandal and religious trauma.
- We reached millions of people across platforms through our awareness content, and started countless conversations around the world about how people can stand against spiritual abuse in their own faith communities.

Milestones & Celebrations

- We started consistent biweekly livestreams to build community with listeners and to engage in deeper conversations.
- The Church Disrupted Podcast made the top 5% of video podcasts on Spotify for the second year in a row.

Thank You!

A lot of good happened through SAI in 2025, but we couldn't have done this work without the support of our generous donors and listeners. So thank you! Thank you for your support in this fight to stop spiritual abuse. We look forward to continuing this work to stop spiritual abuse in even greater ways in 2026.