

Nuriyah Khan @nuriyahk
I read the Quran in English and was disgusted at the word of 'God.' Turned to the Hadith and Sunnah and was even more disgusted when I discovered the so-called prophet's life: his wives, his morals and his appetite for war, plunder and r'pe, which basically make up the religion.

Anna @AnnaSimsWriter
I left Islam because my ex husband used Islam to justify domestic abuse. Local imams agreed. His family agreed. Police got me and my kids to safety. I thought I'd study more quran because they must have been wrong. My story is pinned on my profile

Brewnote @Brew_Note
I left Islam around 18 and am now 49 and Christian for the past 2 years. I was atheist in between. Why I left is not as important as what I know to be true now: in my experience, Islam is not based in love, or presence of God, or the light. Music is forbidden. People do not carry warmth and grace and what I now know as real kindness. There is a scary, edgy, robotic, obedience that in contrast to what I know now is absolutely not of a divine Creator. When your needs are challenged by someone who thinks like this: you do not matter. That is a big problem. I have a longer post explaining my life story pinned to my profile. And I am happy to answer anyone's questions.

OnTheBlockchain @MagnaMater83
The inequality of the sexes, the general tribal mindset of hating non Muslims. It's so normalized to demonize non Muslims that many Muslims don't know the rest of the world isn't like that or at least the west strives to be better than tha mindset. Mohammeds character for obvious reasons. The support for enslaving non Muslims. There are so many but this was the reason I left Islam.

Bosch Fawstin @TheBoschFawstin
I left Islam in my mid teens because of the fundamental dishonesty of all of the Muslims around me. They lied, in big ways and small, as if the truth didn't matter at all.

Ex-Muslim Sheikh @Exmuslim24 · Mar 21
Left Islam because I got tired of pretending that a book advocating wife-beating, slavery, and k*lling apostates is 'holy' and 'peaceful.'

@najemlm
1- O prove that its true religion
2- morals ,as gay men i would never be part of religion that thinks i should be killed for being gay
3- woman rights , a religion that treat women as sleeves and say its ok to rape her doesn't deserve to be followed

arshad hameed khan @arshadhk1
i left when i found that it is ok to marry minors according to islam.

Koray Buger @BugerKoray
I was never a true muslim, i was forced to learn and pray in turkey. While being forced to learn and pray, i learned that it is all about death and destruction. It is a cult worshipping death.

ghazal naderi @ghzlnaderi
I am ex muslim. because i believe Islam is cheap copying of the other religions just more harsh fake and brutal, You should live with them to see the degree of barbarism.

Mrs.V @mrsv1017
I was one of those liberals that converted and let me tell you - 12 years later I ESCAPED with my children. Islam is like the mob - it's not designed for leaving, especially for women.

Kryten @PercyRogers3rd · 18h
I decided one day to step outside of Islam and look in, rather than staying within the fold of Islam and looking out as I had been want to do for about four decades. It was difficult but I had to do it.

I realised I had been blind. I started to research and hear what non Muslim scholars also had to say,those who were more willing to ask the tough questions.

I eventually came to the realisation that Islam is Arab propaganda. I had systematically dismantled my own identity. It was painful tbh, but I feel free after leaving Islam and religion in general.

The irony in all this is that my belief in God has never been stronger. The only difference is that I've turned my back on the Arab God.

@NimaT741
When I was a young kid I realized how evil Islam is based on the ideas I always saw. None of it made sense to me as a child.

I would try to tell people how bad it is and they would attack me.

30 years later the same Islam slaughtered our people in Iran. Now everyone understands.

Sara Ghorbani @d white rabbit · 11h
Because I am considered half a man in Islam. Because I have a male legal guardian who decides whether I can get a job, a passport or even an education. Because I was forced into hijab at age 6. Because I was told over and over again I am responsible for the honour of the family. Because I was sexually assaulted at age 11 but I was told I was responsible for all men's sexual desires. Because I inherit half my brother. Because my witness in court is half. Because my father, brother, uncle, grandfather, any man in the family could kill me to restore the honour of the family if they feared my rebellion and dishonouring the family name and would never be punished. Because I am worth half a man if I get killed. Because I was told my whole life I was going to burn in hell for my hair showing and my improper hijab. Because I knew if my

husband wanted to have a second or third or fourth wife, I could not object. Because he could divorce me whenever he pleased and take my children if I ever gave birth. Because he could beat me black and blue and I still couldn't get a divorce. Because I was tired of not being human enough for Islam yo be afforded dignity and safety and autonomy. #Islamotrauma

 **Kay**
@khashymash Follow

Grew up in Iran, all they told us was to hate. Death was the only gauranteed way to heaven.

 **عبدالمطيب**
@AbdulMutta96923 Follow back

I left because of violence in Islam and Life of Prophet Muhamad.

 **Chan Walrus**
@chanwalrus Follow

I left about 1.5 years ago. The Sufism my father taught me was a good moral code and guide through my life, but I look around and see so few people taking the Quran seriously and claiming to follow the faith. I can see a dangerous rot spreading in the UK. It violates core principals of the Quran and is very dangerous to the culture.

 **Proud Apostate**
@apostate2025 Follow

I was muslim for 40 years. For me it was the rise of normalized hatred after 10/7. Watching the manipulations and lies gather support was disgraceful. The internet played a big part in me finally seeing Islam for what it truly is also.

 **Shuka Ahangar**
@ShukayeIran Follow

I left Islam once I read the quran (I was born in a Muslim family) As a woman it didn't make sense, it still doesn't make sense Moreover, their god is really sadistic, keeping track of how much you pray in order to reward you in afterlife

 **Jonny**
@JonnyEnglish Follow

Was born and raised Muslim. Because very disillusioned with the behaviour and hypocrisy of other Muslims excusing their sin, met a Xtian who discussed his and my faith. Came away realising Islam is demonstrably false, dark, and unfortunately evil. Became a Xtian months later

 **Nazzia Momina**
@NazziaMo Follow

I had some questions about status of women, and at the same time I realised I was always in denial about true status of non Muslims in Islam.

I couldn't find any satisfactory answers, so I started re reading Quran & Hadees. That was that.

 **ilhaadh**
@ilhaadh Follow back

Exmuslim from Maldives 🇲🇻 here. Islam is forced on all the citizens of Maldives and nobody is allowed to criticise it. (Phase 3 of islam) I left islam after reading the quran and hadiths multiple times because it's illogical, immoral and violent.

 **Eslam Abdelhady**
@abdelhady65271 Follow back

I left Islam in 2016 because there are 20 different Arabic Qurans with thousands of contradictory variants.

 **Aliya PBUHer**
@AliyaDissents Follow back

I left bc it's a toxic ideology that stands against girls/women, freedom, critical thinking, personal choice & overall human rights.

I'm a [#ChildMarriageSurvivor](#) bc of Islam. Many won't want to hear it, but it's my lived truth. You're free to speak yours & I'm free to speak mine.



Why They Left Islam



