Soul Injury Self-Awareness Tool

Many people have acquired Soul Injuries at one time another. The definition of Soul Injury is:

1. An overlooked, unassessed wound that separates one from their “real” self, causing them to feel less than whole
2. An aching wound perpetuated by unmourned loss, unforgiven guilt/shame, and diminished self-compassion that is often manifested as a sense of emptiness, loss of meaning, or a sense that a part of self is missing
3. A long-lasting response to a person or situation that causes one to feel personally defective, inadequate, or incomplete

Circle the answer that most closely reflects your experience most of the time:

1. I am not able to be my real self.
   1 Always true   2 Often true   3 Sometimes true   4 Never true

2. I engage in some activities to help me avoid uncomfortable feelings.
   1 Always true   2 Often true   3 Sometimes true   4 Never true

3. When I avoid uncomfortable feelings, it often causes problems with people in my life.
   1 Always true   2 Often true   3 Sometimes true   4 Never true

4. I have a hard time facing loss, change, disappointments, or transitions.
   1 Always true   2 Often true   3 Sometimes true   4 Never true

5. Guilt and/or shame haunt me.
   1 Always true   2 Often true   3 Sometimes true   4 Never true

6. I feel defective, inadequate, or unworthy.
   1 Always true   2 Often true   3 Sometimes true   4 Never true

7. Self-compassion is difficult for me.
   1 Always true   2 Often true   3 Sometimes true   4 Never true

8. I struggle to find meaning in my life.
   1 Always true   2 Often true   3 Sometimes true   4 Never true

9. Have you identified a possible Soul Injury? Yes ________ No________ Not Sure _______

10. Do you think a past Soul Injury is affecting your life now? Yes __ No__ Not Sure ________

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Effective 2/2/18
Self-Awareness

Score of 8-16: Consider consulting a professional who specializes in loss, grief, forgiveness, and self-compassion.

Score of 17-24: Explore www.OpusPeace.org and/or www.Soul Injury.org websites for more information about the impact that Soul Injury might be having on your life.

Score of 25-32: You have probably worked hard to achieve and maintain a strong sense of self.

This self-awareness tool should not be understood as providing any type of diagnosis or healthcare recommendations. Self-administered screening tools such as the Soul Injury Self-Awareness Tool are designed to enhance awareness of one’s own experiences for the purpose of raising awareness of feelings and experiences related to possible Soul Injuries. Highlighting these experiences may offer you an opportunity to reflect on them at greater length, or to consider their relevance in a broader life context. Please seek the advice of counseling professionals (such as physicians, mental health counselors, clergy, social workers et al.) who specialize in grief, loss, forgiveness, and self-compassion regarding the evaluation of any specific information, opinions, advice, or follow-up care.