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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



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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 _____

Self-Awareness

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

Score of 17-24: Explore [resources provided at the end of this module](#) and www.comforthomesake.com/or www.SoulInjury.org 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.



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