

Identifying Soul Wounds

Understanding Soul Wounds

Your soul encompasses your mind (thoughts), will (choices), and emotions (feelings).

A soul wound refers to any life experience that has negatively impacted how you think, feel, or emotionally respond to the world around you.

Soul wounds can develop from experiences such as trauma, loss, rejection, abuse, neglect, or other emotionally painful events. These wounds may influence your mood, relationships, self-perception, and daily functioning. In some cases, unresolved emotional pain can also contribute to physical symptoms such as fatigue, tension, or stress-related health concerns.

Reflection Exercise

Take time to reflect on experiences in your life that have caused emotional, mental, or relational pain. This may include:

- People who have hurt you
- Situations where you felt abandoned, rejected, or unsafe
- Experiences that caused emotional distress
- Events you witnessed or were involved in that left a lasting impact

Use this worksheet or your personal journal to write freely about these experiences. There is no right or wrong way to reflect—this is a space for honesty, self-compassion, and healing. To support a calm and reflective environment, you may choose to play soft instrumental or worship music as you complete this exercise.
