

Identifying Soul Wounds

Your soul is your mind (thoughts), your will, and your emotions.

A **soul wound** is anything that has happened to you in life that had a negative impact on your thoughts, feelings, or emotions.

Soul wounds can manifest in many different ways. I can affect your mood, your relationships, your daily functioning and can even impact your physical body.

Spend some time writing about your wounds. List any person who hurt you in any way, and write down experiences that caused you mental or emotional pain or damage. This can also include things that you witnessed or even participated in.

You can use this sheet or your own journal to complete this exercise. You may also listen to calming, instrumental music while you reflect.

[illegible]