



Woundedness Checklist 80

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Please answer each item either True or False. Note that certain items, if true, can be counted more than once for the total score. If, for example, any one statement occurred more than once to you, please mark down two (or more) responses for that same question. (Example: TT *One of my parents probably came from a dysfunctional home.* – indicates the statement applies to both parents)

- _____ 1 I certainly don't need anymore hurt in my life
- _____ 2 In my family, we didn't speak freely about our real feelings
- _____ 3 One of my parents probably came from a dysfunctional home (*if both, count two*)
- _____ 4 I probably came from a dysfunctional home
- _____ 5 There are large portions of my childhood that I simply can't remember
- _____ 6 My parents seemed to have trouble expressing their love to me and rarely did
- _____ 7 My family had definite issues that could not be discussed
- _____ 8 One (or both) of my parents had problems with alcohol or drugs (*if both, count two*)
- _____ 9 My parents divorced (*if more than once, count each event*)
- _____ 10 I am divorced (*if more than once, count each event*)
- _____ 11 I don't feel very good about myself
- _____ 12 If I could avoid relationships, I would
- _____ 13 There has been mental illness diagnosed in my family
- _____ 14 I tried not to think very much about what went on in my family
- _____ 15 Sometimes I cry for no apparent reason
- _____ 16 I don't talk very much about what's really going on inside me
- _____ 17 I'm used to living with confusion
- _____ 18 My spouse died
- _____ 19 My parent(s) is dead. (*if both, count as two; if stepparent also add one*)
- _____ 20 I have been mistreated sexually
- _____ 21 I have been physically and deliberately harmed by someone who supposedly loved me
- _____ 22 A person who supposedly loved me often said some very unkind and cruel things to me
- _____ 23 I lost a child (*if more than one, count each event*) OR I am infertile
- _____ 24 I lost a sibling (*if more than one, count each event*)
- _____ 25 I continue to experience sexual difficulties
- _____ 26 I experienced disturbing flashbacks, dreams, or recollections about distressing event(s) or time(s)
- _____ 27 I don't spend nearly enough time with my spouse or family
- _____ 28 I avoid a number of family gatherings
- _____ 29 My eating is not really under control
- _____ 30 I would like to pursue God, but I don't seem to do it
- _____ 31 I have experienced an abortion or a miscarriage (*if more than one, count each event*)
- _____ 32 I have been involved in an adulterous sexual relationship (*count one for each relationship*)
- _____ 33 My mate has been unfaithful
- _____ 34 I regularly deal with guilt feelings
- _____ 35 I know what it is like to feel depressed rather than just "down" on occasions
- _____ 36 There has been a time where I seriously considered suicide
- _____ 37 Sometimes I feel so terribly lonely and alone
- _____ 38 I have a hard time relaxing
- _____ 39 I must admit that I'm still bitter or resentful about something that happened to me
- _____ 40 I have a hard time really trusting people
- _____ 41 There are times when my anger gets too much out of control for the actual situation
- _____ 42 I'm sometimes afraid for not obvious reason
- _____ 43 I'm no stranger to rejection
- _____ 44 I try very hard to please others
- _____ 45 I have been neglected by someone that was supposed to have loved me
- _____ 46 My sex life is not what it should be
- _____ 47 I have a hard time understanding or communicating what I'm really feeling



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- _____ 48 I've experienced too many failures that I just don't understand
- _____ 49 I've been raped/sexually abused (*count one per occurrence*)
- _____ 50 I have engaged in pornography (*score 1-5; if heavily over time, count as five*)
- _____ 51 I have reoccurring nightmares of being chased or harmed
- _____ 52 I often prefer the companionship of food to friends
- _____ 53 I witnessed my parent strike a family member (*beyond discipline*) on more than a few occasions
- _____ 54 One of my parents seemed distant, or not always available, to me (*count as two if both*)
- _____ 55 I am ashamed of parts of my life
- _____ 56 I avoid conflict whenever possible
- _____ 57 I definitely avoid people in my church, or work, or social situations who have (*or may*) hurt me
- _____ 58 I have a hard time saying no
- _____ 59 I have gone through periods when I have withdrawn from people for days at a time
- _____ 60 I am not sure that both of my parents loved and accepted me unconditionally
- _____ 61 I really don't know who I am and where I am going with my life
- _____ 62 I don't take very good care of myself
- _____ 63 I must admit that I don't work very hard to grow as a person
- _____ 64 My dad (*or mom*) was not always there for me (*if both, count as two*)
- _____ 65 I have used alcohol or drugs in excess (*score 1-5; if heavily over time, count as five*)
- _____ 66 There are times when I seem to explode at someone who really didn't deserve that degree of anger
- _____ 67 I have been involved with the occult (*score 1-5; if heavily, count as five*)
- _____ 68 It is hard for me to feel safe in a close relationship
- _____ 69 I seem to punish myself for reasons I don't understand
- _____ 70 Others have told me that I don't see or accept things the way the really are
- _____ 71 I struggle with being really honest about how I feel with people to whom I would like to be able to share myself
- _____ 72 I probably learned some wrong things about God based upon my dad's ability to reflect God to me
- _____ 73 I have been hurt by my church/support system (*past or present*)
- _____ 74 I usually feel that what I have to offer isn't really good enough
- _____ 75 I'm not really sure just who I am
- _____ 76 I have experienced times where I really felt out of control of my emotions
- _____ 77 I have a hard time sleeping through the night
- _____ 78 Sometimes I get so nervous, worried, or panicked that I alarm myself (*count one per panic event*)
- _____ 79 Sometimes my thoughts seem to be way out of control
- _____ 80 There are times that I know I have flagrantly lost contact with reality (*count five per event*)

Scoring directions: Count each true answer as one point (plus additional points from specific items as instructed).

_____ 80B Over the past 12 months I have experienced a crisis, traumatic event, loss of a loved one, or a lifestyle change

Note: any one area or crisis alone, if prolonged and/or intensive enough, could create significant woundedness suggesting intensive psychotherapy or medical management.

Key:

20 or less	=	Mild woundedness
21-30	=	Moderate woundedness
31-40	=	Significant woundedness
41-50	=	Severe woundedness
60 or more	=	Extreme woundedness

Name: _____ **I.D.#:** _____ **Score:** _____