Soul Injury® Self-Awareness Inventory

Many people have acquired Soul Injuries at one time or another. Take this quick online survey to increase awareness about the possibility for yourself:

https://opuspeace.org/Survey.aspx

The definition of Soul Injury® is:

➢ An overlooked wound that separates one from their “real” self, including their inner sense of goodness and beauty.
➢ An aching wound perpetuated by unmourned loss, unforgiven guilt/shame, and diminished self-compassion that is often manifested as a sense of emptiness, a loss of meaning, or a sense that a part of self is missing
➢ A long-lasting response to a person or a situation that causes one to feel defective, inadequate, or incomplete

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

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

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

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

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

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

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

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

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

Have you identified a possible Soul Injury®? Yes __ No__ Unsure __
Do you think a past Soul Injury® is affecting your life now? Yes __ No__ Unsure ___

(Continued)
Soul Injury® Self-Awareness Scoring

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 or www.SoulInjury.org website 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.

PLEASE HELP US CONTINUE TO BUILD ON OUR RESEARCH SUCCESS

To help with our continued research about Soul Injury®, please check the following categories that apply to you:

Gender: _____ Male _____ Female

Age: ____ (18-30) _____ (31-50) _____ (51-65) _____ (66+)

Occupation/Role: Please check all that apply:

Healthcare provider: _____ (Doctor, Nurse, Social Worker, Psychologist, Counselor, etc.)
Military/Veteran: ______
First Responder: _____ (Police, Firefighter, EMT, 911 Operator, etc.)
Personal Caregiver: ______
Volunteer: _____
Other ______________________________________ (Please specify)

This Soul Injury® Self-Awareness Inventory should not be understood as providing any type of diagnosis or healthcare recommendations. Self-administered tools such as the Soul Injury® Self-Awareness Inventory 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.

Opus Peace
9894 54th Avenue North
St. Petersburg, FL 33708
727-755-4265
www.opuspeace.org