



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.



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