



***Soul Injury* Self-Awareness Inventory**

Purpose

Raise awareness about the phenomena of *Soul Injury* in your own life and the lives of others. This is important for several reasons:

- Identifying a *Soul Injury* brings it out of unconsciousness where it can insidiously lurk and sabotage lives without our even knowing it
- Learning how to release UNMOURNED LOSS/HURT and UNFORGIVEN GUILT/SHAME helps remove barriers that prevent us from connecting with our “real” self – the self we were meant to be
- Grieving and forgiving are not routinely taught in families, communities, educational programs, or healthcare systems. This perpetuates barriers that keep us from connecting with our deepest self
- Acknowledging and validating the presence of a *Soul Injury* cultivates self-compassion so that self-identity is strengthened and inner goodness/beauty affirmed

How to Use the *Soul Injury* Self-Awareness Inventory Personally

- ✓ Complete the inventory for yourself.
- ✓ Contemplate your own story and the losses you have sustained
- ✓ Reflect on the “numbing agents” you use to avoid feeling emotional pain (internet surfing, work-a-holism, stoicism, staying busy, shopping, video games, comfort foods, taking care of others, etc.)
- ✓ Consider how FEAR of feeling emotional pain might be controlling your life and causing you to be less “you”
- ✓ Discern relationship problems that might be caused by your fear of feeling emotional pain
- ✓ Become curious about how you face change and transition
- ✓ Pay attention to ways in which you feel guilty, ashamed, defective, inadequate, or unworthy
- ✓ Search for the next deeper meaning for your life – a meaning that yields more “you”

How to Use the *Soul Injury* Self-Awareness Inventory with a Trusted Other Person(s)

- Initiate a conversation about the topic of *Soul Injury* with someone else
- Discuss the words or images that come to mind with the term *Soul Injury*
- Query each other about possibilities for unmourned loss/hurt and unforgiven guilt/shame that the other person might not be able to see within themselves
- Explore with each other how FEAR of emotional pain may be sabotaging your lives
- Consider how your *Soul Injury* may be impacting your relationship with each other

How to Use the *Soul Injury* Self-Awareness Inventory in a Professional Setting with Clients

- Have them complete the inventory
- Have them identify ONE survey question on the inventory to discuss