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