

## SPIRITUAL INJURY SCALE

Name: \_\_\_\_\_

1. How often do you feel guilty over past behaviors?
  - Never
  - Sometimes
  - Often
  - Very Often
2. Does anger or resentment block your peace of mind?
  - Never
  - Sometimes
  - Often
  - Very Often
3. How often do you feel sad or experience grief?
  - Never
  - Sometimes
  - Often
  - Very Often
4. Do you feel that life has no meaning or purpose?
  - Never
  - Sometimes
  - Often
  - Very Often
5. How often do you feel despair or hopeless?
  - Never
  - Sometimes
  - Often
  - Very Often
6. Do you feel that God/Life has treated you unfairly?
  - Never
  - Sometimes
  - Often
  - Very Often
7. Do you worry about your doubts/disbelief in God?
  - Never
  - Sometimes
  - Often
  - Very Often
8. How often do you think about death?
  - Never
  - Sometimes
  - Often
  - Very Often