



Understanding My Moral Injury

PURPOSE: TO HELP INDIVIDUALS IDENTIFY AND PUT WORDS TO THEIR EXPERIENCES OF GUILT, SHAME, OR BETRAYAL.

Instructions: Take time to think about these questions. Write short answers. You can do this privately or share with a trusted person.

1. A situation I went through that still troubles me is:

2. In that situation, I felt I... (circle or underline)

- Did something wrong
- Failed to do something I should have done
- Was betrayed by someone I trusted
- Simply survived while others did not

3. The feelings I often carry about this event are:

4. What values of mine (e.g., honesty, faith, protecting others) felt broken in that moment?

5. What would I say to a friend who went through the same thing?

