

Emotional Wound Assessment Tool

Circle the numbers of the statements that apply to you.

1. I often suppress my feelings.
2. I feel hurt at times, but cannot understand why.
3. People say that I seldom or never show my emotions.
4. Most people do not understand my emotions.
5. I avoid thoughts, feelings or conversations about a hurtful event in my life.
6. I am unhappy and sad most of the time.
7. I often choose to keep a hurtful event a secret.
8. I find it difficult to show sensitivity toward others.
9. I do not get close to people and/or I feel "on guard".
10. I avoid activities, places, or people who remind me of a hurtful event in my life.
11. I hold anger toward some people.
12. I do not forgive people who have wronged me.
13. I have trouble trusting people.
14. I can hold a grudge for a long time.
15. I am critical of myself and of other people.
16. I sense that my future is short/limited (e.g. *I don't expect to have a career, marriage, children, or a normal life span*).
17. I am more irritable and have outbursts of anger.
18. I have trouble sleeping and/or I cry a lot.
19. I am afraid to confront people who have hurt me.
20. I feel my range of emotions is restricted.
21. I lost interest in significant activities of my life.

22. I self-medicate with alcohol, drugs, sex or work.
23. I have physical and/or emotional distress when I am exposed to things that remind me of a hurtful event in my life.
24. I have repeated, distressing memories and/or dreams.
25. I have been hurt a month ago or longer and I have not dealt with it.
26. I feel guilty and/or shamed.
27. I let people take advantage of me.
28. I am still grieving a loss after so many years.
29. I have never let go of betrayal, loss or hurt.
30. I have experienced or witnessed a life-threatening event two months ago, and it still causes intense fear, helplessness or horror.

Scoring Key for the Emotional Pain Scale

Total Score	Degree of Pain
0 - 4	minimal or not pain
5 - 10	moderate pain
11 - 20	severe pain
21 - 30	extreme pain

Note: If more than five statements are circled there is reason to suspect that an emotional injury, wound or pain is present in your life. Reading this book will give you the tools to help you heal the wound.