



MORAL INJURY IS A TYPE OF TRAUMA THAT IS LITTLE KNOWN, BUT UNIVERSALLY FELT. IT TRANSCENDS TIME AND CROSSES CULTURE AND CAN CHANGE A PERSON AT THEIR CORE.

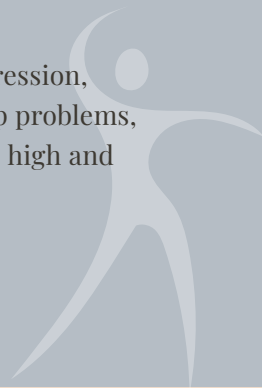
Moral Injury Affects the Whole Person



SOMATIC

Bodily responses

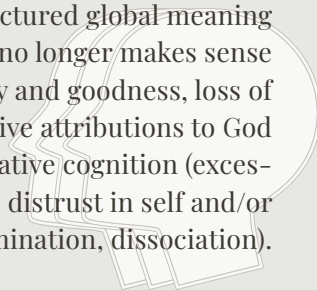
Hyper- and hypoarousal, anxiety, depression, withdrawal, numbing, shutdown, sleep problems, gastrointestinal problems, queasiness, high and low blood pressure, anhedonia, pain.



COGNITIVE

Thoughts and beliefs

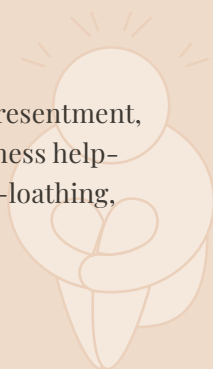
Negative self-appraisals (e.g., thinking one is bad, evil, weak, a monster, unworthy); fractured global meaning systems (e.g., concluding the world no longer makes sense or is unsafe, lost sense of humanity and goodness, loss of faith, weakened spirituality, negative attributions to God or a higher power); impaired or negative cognition (excessive blame and condemnation, distrust in self and/or other, an inability to forgive, rumination, dissociation).



EMOTIONAL

Emotions, feelings, mood

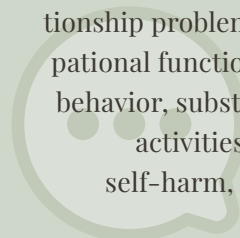
Shame, guilt, contempt, disgust, anger, resentment, grief, remorse, worthlessness, hopelessness helplessness, powerlessness, alienation, self-loathing, decreased empathy, otherizing.



BEHAVIORAL

Actions and expressions

Avoiding intimacy, social isolation, interpersonal relationship problems, impairment of social/personal/occupational functioning, reduced hygiene, increase in risky behavior, substance abuse and other self-handicapping activities, suicide ideation, and other attempts at self-harm, poor self-care, self-defeating behaviors.



Michele is a therapist, clinical ethicist, writer, and researcher who's spent the last two decades on a "souljourn," studying trauma generally, moral injury and lost innocence specifically, and resilience.



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Resources

- **The Soul Console Community:** soulconsole.com
- **Shay Center for Moral Injury**
- **The Moral Injury Project at Syracuse University**
- **Soul Repair Center at Brite Divinity School**
- **Moral Injury Article at the Veteran's Administration**
- **Moral Injury Support Network for Servicewomen**