

ARE YOU EXPERIENCING MORAL INJURY?

Moral Injury Check-In: For You

- ☐ I feel guilty about something I did, did not do, or could not stop.
- ☐ I feel shame that is hard to talk about, even with people close to me.
- ☐ I am angry at myself, other people, or a system that let me down.
- ☐ I cannot forgive myself.
- ☐ I do not trust people, leaders, or institutions like I used to.
- ☐ I feel like my sense of right and wrong was broken.
- ☐ I have pulled away from my faith, my purpose, or things that used to matter.
- ☐ I keep thinking I am a bad person because of what happened.

Three or more? Tell someone you trust. Shame grows in secret, and it shrinks when it is shared.

Moral Injury: When What Happened Does Not Sit Right

Moral injury is a deep wound that can happen when something goes against what you believe is right. Maybe you did something, or did not do something, or maybe you watched something you could not stop. Maybe someone you trusted let you down. Maybe you feel like you let someone else down. It does not matter if you followed every order and every rule, because the wound can still be there.

Where it can come from

- Not being able to save someone, even though you did everything you could
- Making a split-second choice with no good options
- Seeing harm you could not stop
- Following orders or rules that clashed with your own values
- Feeling betrayed by leaders or by a system you trusted

How it is different from PTSI

PTSI	Both	Moral injury
Fear, feeling on guard, flashbacks, trouble remembering	Anger, feeling cut off, anxiety, sleep trouble, nightmares, using alcohol or drugs to cope	Sorrow, grief, regret, guilt, shame

Many people have both, and they can need different kinds of help, so it helps to know the difference.



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