



# Moral Injury Survey

People whose jobs involve life or death choices are at a higher risk for moral injury: a condition characterized by feelings of intense guilt, shame and self-loathing over real or perceived mistakes resulting in something terrible happening. Moral injury is related to PTSD, but is not quite the same.

Please consider each question and answer “yes” or “no”.

Questions	Yes	No
Have you ever had people get hurt or die because of something you did (or failed to do)?		
Do you feel like you're living a lie, and that if those around you knew your secret, they would be shocked and horrified at who you "really" are?		
Do you attempt to isolate yourself from those you love because you don't feel like you belong among good people?		
Do you feel guilty when good things happen to you, so much that you sometimes sabotage those outcomes?		
Do you believe that you should have died or been seriously injured instead of someone else?		
Do you fear for the safety of those you love because you believe they will be punished for what you did (or failed to do)?		
Does it feel as if you could never be forgiven for what you did (or failed to do) no matter what you try to do to make up for it?		
For Combat Veterans: Do you feel shame or guilt from "overdoing it" in combat and/or enjoying it at the time?		

*Please note:* This is **not a formal diagnostic tool** but can be a useful conversation starter with your doctor or therapist. Feel free to print this out and bring it to your next appointment.