

Day One Assignment

Put a check mark by each of the following wounds, if you have experienced this in your life. Then rate, on a scale of 1 - 10, with 10 being the most profound, how much of an effect each wound has had in your life.

Experienced	Wound	Rating
	Loss	
	Rejection	
	Abandonment	
	Neglect	
	Betrayal	
	Abuse	

Any Insights from this self-reflection?

Note: A more comprehensive wound assessment can be located in the [Finding Peace Workbook](#) or in the [Finding Peace Online Course](#).

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