

Childhood Wounds (Tool 1): A Self-Assessment & Healing Pathway

"He heals the brokenhearted and binds up their wounds." — Psalm 147:3

1. Introduction

Every person carries inner wounds — moments when our God-given needs for love, safety, affirmation, or belonging were unmet. These wounds, whether from neglect, harsh words, rejection, or subtle emotional absence, shape how we see ourselves, others, and even God.

This self-assessment tool is not about blame — but about awareness, truth, and freedom. Jesus said, *"You will know the truth, and the truth will set you free"* (John 8:32).

2. Purpose

This tool helps you:

- Reflect on early life experiences that may have left unhealed emotional imprints.
- Identify patterns of thought, emotion, or behavior that arise from those wounds.
- Begin a journey of healing through the Cross of Jesus Christ, the work of the Holy Spirit, and the renewing of your mind through Biblical truth and healthy psychological practices.

3. Self-Assessment: Reflective Statements

A. Emotional Neglect & Rejection

Read each statement slowly. Rate how true each feels to you:

Scale: 1 = Rarely true | 2 = Sometimes true | 3 = Often true | 4 = Almost always true

I felt invisible or emotionally unseen as a child.	
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I often had to suppress my emotions to keep peace.	
I find it difficult to trust people deeply.	
I still long for approval or validation from authority figures.	
When I'm hurt, I tend to withdraw or shut down.	
Total	

Biblical Reflection: *"Though my father and mother forsake me, the Lord will receive me."* Psalm 27:10

B. Shame & Perfectionism

Read each statement slowly. Rate how true each feels to you: Scale: 1 = Rarely true 2 = Sometimes true 3 = Often true 4 = Almost always true	
I often feel "not good enough," even when I try hard.	
I fear failure or disappointing others.	
I struggle to rest, feeling I must constantly "prove" my worth.	
I'm overly critical of myself or others.	
Deep down, I feel something is wrong with me.	
Total	

Biblical Reflection: *"There is now no condemnation for those who are in Christ Jesus."* Romans 8:1

C. Control & Fear

Read each statement slowly. Rate how true each feels to you: Scale: 1 = Rarely true 2 = Sometimes true 3 = Often true 4 = Almost always true	
I feel anxious when things are out of my control.	
I find it hard to trust God's timing or other people's intentions.	
I overthink decisions or anticipate worst-case scenarios.	

I tend to manage or fix people's problems.	
I fear being vulnerable or dependent on others.	
Total	

Biblical Reflection: *"Perfect love casts out fear."* 1 John 4:18

D. Abandonment & Attachment

Read each statement slowly. Rate how true each feels to you: Scale: 1 = Rarely true 2 = Sometimes true 3 = Often true 4 = Almost always true	
I fear people leaving me or losing interest in me.	
I get overly attached quickly or pull away to avoid being hurt.	
I replay painful relationships or rejection in my mind.	
I sometimes feel unworthy of love.	
I struggle to believe that God will never leave me.	
Total	

Biblical Reflection: *"I will never leave you nor forsake you."* Hebrews 13:5

E. Identity & Worth

Read each statement slowly. Rate how true each feels to you: Scale: 1 = Rarely true 2 = Sometimes true 3 = Often true 4 = Almost always true	
I find it hard to say "no" or set boundaries.	
I base my worth on achievements or others' opinions.	
I don't fully know who I am apart from what I do.	
I compare myself to others and feel less than.	
I rarely feel fully loved or accepted for who I am.	
Total	

Biblical Reflection: *"You are fearfully and wonderfully made."* Psalm 139:14

4. Reflection & Insight

Tally your scores for each category:

Category	Total score
A. Emotional Neglect & Rejection	
B. Shame & Perfectionism	
C. Control & Fear	
D. Abandonment & Attachment	
E. Identity & Worth	
Total	

Assessment:

Low (5–10): Mild impact - you may have experienced nurturing and security.

Moderate (11–15): Some unhealed areas - awareness will help you grow.

High (16–20): Deep wounds - healing is needed through guided pastoral or counseling support.

Take note of the top 1–2 categories where you scored highest. These represent key Childhood Wound Themes affecting your adult life.

5. The Pathway to Healing and Wholeness

"He has sent Me to heal the brokenhearted..." Luke 4:18

Healing is not about re-living pain but inviting Jesus into your wounded places - where truth replaces lies, love replaces fear, and grace restores identity.

Below is a Biblical & Psychological Integration Pathway that you can journey with your counselor.

A. Step 1 — Awareness and Naming the Wound

Scripture: Psalm 139:23-24 *"Search me, O God, and know my heart."*

- Ask the Holy Spirit to reveal early memories linked to your wound themes.
- Journal what you recall - emotions, patterns, and recurring thoughts.
- Identify core lies (e.g., "I'm unworthy," "I must be perfect," "People will leave me").

- Therapeutic Integration: Cognitive awareness and trauma-informed reflection help surface implicit memories safely.

Self-Discovery Journal Prompts

Please take some time to journal your thoughts in response to these questions.

A, What emotions from childhood still feel “alive” in my adult reactions?

B, When did I first feel (a)Emotional Neglect & Rejection, (b)Shame & Perfectionism (c)Control & Fear (d)Abandonment & Attachment (e)Loss of Identity & Worth

C, What do I believe about myself because of that experience?

D, How might Jesus speak truth into that memory?

E, What new truth can I live from today?

B. Step 2 — Bringing Wounds to the Cross

Scripture: Isaiah 53:5 *“By His wounds we are healed.”*

- Visualize bringing your pain to Jesus on the Cross.
- Confess unforgiveness, bitterness, or self-hatred.
- Receive His love, forgiveness, and redemption over your story.
- Therapeutic Integration: Emotional release and forgiveness break the cycle of repressed pain and restore integration.

C. Step 3 — Renewal by the Word and the Holy Spirit

Scripture: Romans 12:2 *“Be transformed by the renewing of your mind.”*

- Invite the Holy Spirit to fill the wounded spaces with truth, love, and identity.
- Pray for renewed thinking and freedom from old coping behaviors.
- Therapeutic Integration: Neuroplasticity and prayer-based mindfulness foster new healthy patterns of response.

D. Step 4 — Rebuilding Secure Attachments

Scripture: Ephesians 3:17–19 *“Rooted and grounded in love.”*

- Learn to receive love in healthy ways — through God, community, and trusted relationships.
- Practice vulnerability, setting boundaries, and self-compassion.
- Therapeutic Integration: Attachment repair, boundaries, and emotional

regulation training.

E. Step 5 — Living in Wholeness

Scripture: John 10:10 *"I came that they may have life, and have it abundantly."*

- Daily affirm your identity in Christ: "I am loved, chosen, and free."
- Engage in community — healing grows in relationship, not isolation.
- Continue spiritual disciplines: prayer, Word, worship, and counseling support.
- Therapeutic Integration: Integration of faith and counseling supports lasting transformation.

Next Steps

If this reflection stirred something within you, you don't have to walk alone. Our trained Christian counselors can walk with you toward healing and wholeness through Christ-centered counseling.

"He who began a good work in you will carry it on to completion." Philippians 1:6