

Expressions of Moral Injury Scale - Civilian

Sometimes we commit or witness acts that may affect our emotional well-being, relationships, and quality of life. Please consider your own feelings, beliefs, and behaviors related to your moral experiences, and indicate how much you personally agree or disagree with each statement

		Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1	I am ashamed of myself because of things that I have seen or done.	1	2	3	4	5
2	I feel anger over being betrayed by someone who I had trusted.	1	2	3	4	5
3	My experiences have taught me that it is only a matter of time before people will betray my trust.	1	2	3	4	5
4	Because of things that I have seen or done, I doubt my ability to make moral decisions.	1	2	3	4	5
5	In order to punish myself for things that I have seen or done, I often neglect my health and safety.	1	2	3	4	5
6	I sometimes enjoy thinking about having revenge on persons who wronged me.	1	2	3	4	5
7	I feel guilt about things that happened during my life that cannot be excused.	1	2	3	4	5
8	Because of things that I have seen or done, I am no longer worthy of being loved.	1	2	3	4	5
9	My experiences have caused me to seriously doubt the motives of people in authority.	1	2	3	4	5
10	The moral failures that I have witnessed during my life have left a bad taste in my mouth.	1	2	3	4	5
11	I sometimes feel so bad about things that I have seen or done that I hide or withdraw from others.	1	2	3	4	5
12	Because of things that I have seen or done, I sabotage my best efforts to achieve my goals in life.	1	2	3	4	5
13	No matter how much time passes, I resent people who betrayed my trust.	1	2	3	4	5
14	I am an unforgivable person because of things that I have seen or done.	1	2	3	4	5
15	Things I have seen or done have caused me at times to lose faith in the basic goodness of humanity.	1	2	3	4	5
16	I sometimes lash out at others because I feel bad about things I have seen or done.	1	2	3	4	5
17	When I look back on my life, I feel disgusted by things that other people did.	1	2	3	4	5

Factor 1: Self-Directed Moral Injury. Items 1, 4, 5, 7, 8, 11, 12, 14, 16

Factor 2: Other-Directed Moral Injury. Items 2, 3, 6, 9, 10, 13, 15, 17