



## Elements of Spiritual Pain

Spiritual pain must be addressed because it reflects our commitment to the care of the whole person. The alleviation of suffering thereby adopts a broader perspective than simply the treatment of disease.

Commonly understood attributes of Spiritual Pain include:

- Feelings of guilt and worthlessness
- Meaninglessness
- Lack of a sense of permanence or purpose
- Guilt and anger
- The feeling of control being taken by others
- Unforgiveness
- Troubled soul
- Unresolved personal guilt or deep bitterness toward another
- Fear of death
- Unresolved questions

The aforementioned indicators highlight the fact that spiritual pain is not a surface issue, but one which plumbs the depths of human living, relationships and conscience.

*Source: Scottish Journal of Healthcare Chaplaincy, Vol. 2 No. 1,  
1999, p*