

HURT RECIPE CARD

Ingredients

- PAIN CAUSED BY SOMEONE WE INTERACT WITH;
 - INSULT
 - REJECTION
 - JUDGEMENT
 - IGNORED BY
 - DIFFERING VIEWS
- BELIEF IN WHAT OTHERS SAY AND THINK

Directions

Journal Note

SHOPPING LIST

AFFLICTION

MISFORTUNE

TROUBLE

ANGUISH

DISTRESS

PAIN

TORMENT

UPSET

WOE

DETRIMENT

DAMAGE

DISADVANTAGE

HARM

INJURY

TRAUMA

DISBELIEF

GRIEF

MISERY

SADNESS

SORROW

SUFFERING

WRETCHEDNESS

IMPAIR

MAIM

WOUND

MALTREAT

ABUSE

TORTURE