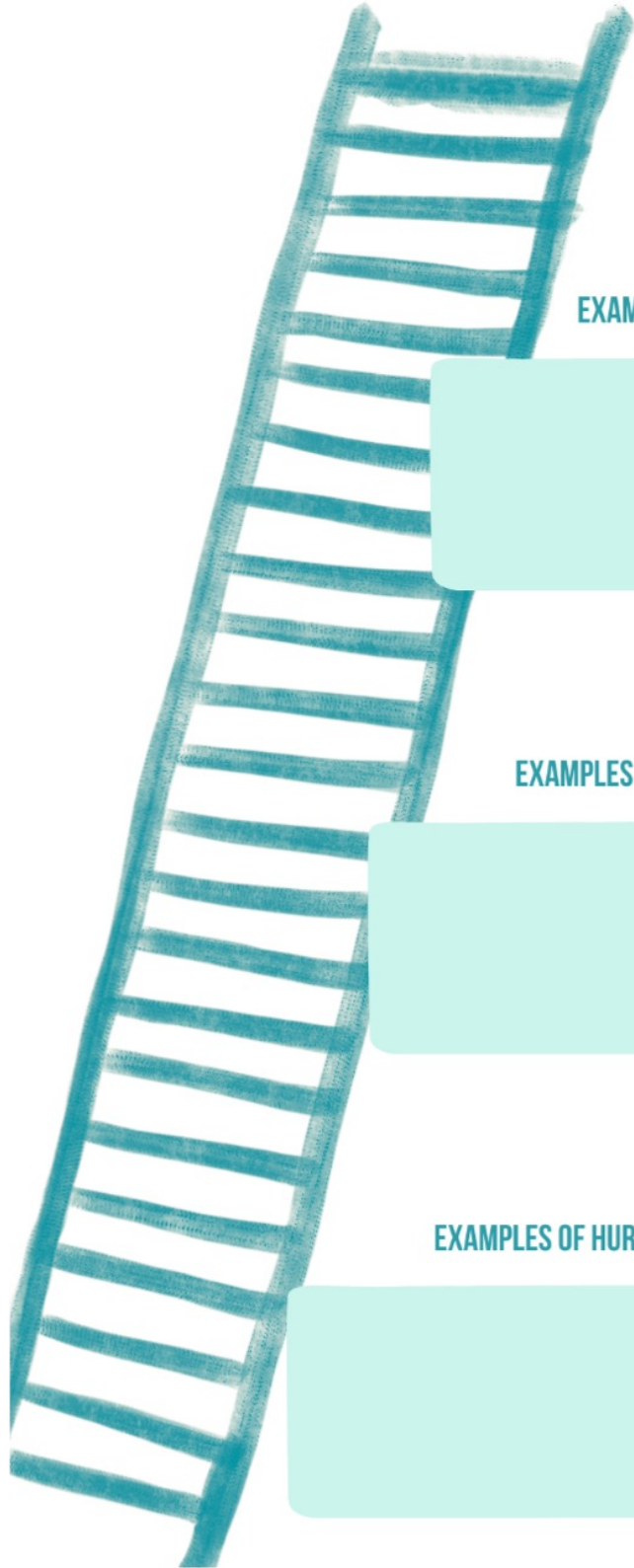


HANDOUT 11.2: MY HURT LADDER

It can be difficult to list the hurts we have generated or suffered in life, and this practice can therefore trigger strong emotions. Do it while respecting your limits-don't force yourself: the purpose is not to feel guilt or feel victimized again, but to open up and embrace the stream of "hurts" in which we are all, willingly or unwillingly, immersed. It is not necessary to be exhaustive - you can point out only the most recurrent or most significant hurts.

MY HURT LADDER



EXAMPLES OF HURT

[Empty rounded rectangular box for writing examples of hurt]

MY THREE CIRCLES



EXAMPLES OF HURT

[Empty rounded rectangular box for writing examples of hurt]

MY THREE CIRCLES



EXAMPLES OF HURT

[Empty rounded rectangular box for writing examples of hurt]

MY THREE CIRCLES



Reflection questions after the practice:

What emotions did this exercise generate?

Did you notice connections between the three streams? Are there any similarities?

How does it make you feel to realize that everyone has reported all three types of hurt, that we are all, willingly or unwillingly, generators and receivers of hurt?