My List of Hurts

Take a moment to list all of your hurts without thinking too much. Just keep writing "I feel hurt that…" and then fill in the blank with whatever comes into your awareness. As you write the list, interchange the word "hurt" with such words as "offended", "humiliated" or "crushed". It doesn't matter how big or small the hurt is, whether it is recent or from early childhood, or whether it seems reasonable or not, just keep your pen writing until you can exhaust your list…