

Emotional Wounds

- ❖ Offensive words or gestures
 - Saying hurtful things to yourself or another person
 - Rude, degrading or offensive remarks
 - Gestures that seek to intimidate and control
 - gossip and lies
 - Belittling, disregarding, devaluing, disrespecting a person
 - Preventing a person from expressing himself or herself
- ❖ bullying
 - Yelling, threatening, prohibiting someone from speaking to others
 - Isolating or excluding a person by no longer talking to him or her, denying his/her presence, distancing a person from others
 - Destabilizing a person, making fun of his convictions, his tastes and his political and religious choices
 - Invalidating, ridiculing, humiliating, shouting abuse
- ❖ Self-inflicted offences
 - Negative decisions, behaviours, or actions
 - Judgement errors leading to other bad choices in life: relationships, careers, finances
 - Toxic or abusive behaviours
 - Addictions such as over eating, drug, alcohol, sexual, gambling and internet
- ❖ Events
 - Inflicting physical, emotional and sexual abuse
 - Death of a loved one, friend or colleague
 - Ending of an important relationship (boyfriend-girlfriend)
 - Marital separation, divorce and extra marital-affair
 - Broken family due to divorce, devastating event or war
 - Domestic violence, unsafe or unstable environment
 - Feelings of hurt associated with moving away from school, neighbour, home, country, a child or friend's moving away
 - Feelings of physical impairment – accident, illness, etc.
 - Loss of a pet, property, or material possession
 - Recognizing that life dreams will not be realized
 - Witnessed or experienced a trauma, a devastating event, violence- an assault, rape, war or persecution
 - Witnessed or experienced physical, emotional or sexual abuse
- ❖ Painful memories