



It can be difficult to list the hurts we have created 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 victimised

MY HURT LADDER

The diagram shows a ladder with three rungs. To the right of each rung is a box for 'EXAMPLES OF HURT' and a person icon for 'MY THREE CIRCLES'.

EXAMPLES OF HURT	MY THREE CIRCLES

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