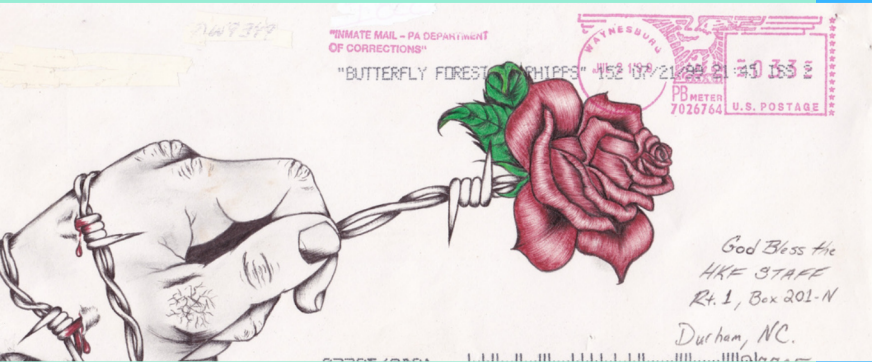


“ It’s easy to hurt people. It’s much **more meaningful and difficult to help people.**” Mark, 2021



Art by John B.

## Practice

Hurt people hurt people, especially when we try to hide our pain under anger. It can be scary to feel your pain, especially when your wounds are big and many. But as you heal, your pain can become a path towards understanding other people’s wounds and helping them heal as well. Imagine your pain as part of your power, allowing you to show warmth and love to yourself and others.

## Questions

Reflect on a time someone helped you when you were in pain. What did you learn?

Reflect on a time you helped someone in pain. What did you learn?

How can hard moments in your life help you show kindness to others?



Art by Holman W.