

Towards understanding the words  
**"Harm/ Hurt/ Trauma"**

**SYNONYMS:**

(words which mean  
about the same thing)

- \* harm
- \* hurt
- \* trauma
- \* suffering
- \* pain
- \* injury
- \* loss
- \* stress
- \* damage
- \* mistreatment
- \* abuse
- \* grief

**Harm/ Hurt/  
Trauma**

may be

" **physical**

and / or

" **emotional** (feelings)

... and may also be  
caused by

**seeing or hearing**

the  
**suffering**  
or  
**mistreatment of**  
another.

