

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.

