

How Somebody Hurt My Feelings

Introducing the Topic:

Today we are going to talk about, “How Somebody Hurt My Feelings.” Our feelings get hurt in many ways. Frequently, we feel hurt because of something that someone else did. The person who hurt us may not even realize the effects of his or her actions. Can you think of a time when someone hurt you?

Maybe a friend didn’t invite you to a party or ignored you when you wanted to talk. Perhaps someone called you a name, or said something rude to you. Maybe a coach cut you from a team, or a teacher reprimanded you harshly in front of other students. Choose a time when your feelings were hurt. Tell us what happened and how you felt, but please don’t mention any names. The topic is, “How Somebody Hurt My Feelings.”

Discussion Questions:

1. What kinds of things tend to hurt our feelings most?
2. What are some ways we can cope with hurt feelings?
3. What role do our expectations play in whether or not we feel hurt?

Life Skill Areas:

Relationships, Self-Esteem, Coping Skills