



Think of these types of hurt:

- Grieving/loss
- Marital problems/divorce
- Veterans/families
- Addiction/recovery
- First responders
- Injury illness
- Aging parents/memory loss
- Abusive relationship
- Loss of pet
- Severe stress
- Isolation/lonely
- Loss of job/financial
- Legal issues
- Empty nest
- Trauma/crisis
- Anxiety/depression
- Moving/moved
- Widow/widower
- Caregiver
- Mental health
- Miscarriage / Reproductive

[illegible]