


QUOTES ABOUT BEING HURT

A black and white photograph of a vast, flat landscape, possibly a tundra or a wide riverbed, with mountains in the background under a bright sky. The foreground is filled with textured, low-lying vegetation or rocks. The background shows a range of mountains with some snow or light-colored patches. The sky is very bright, almost white, suggesting a high-contrast or overexposed scene.

QUOTE
BOLD!

Always remember,

YOU ARE (NOT) ALONE.

Thank you for joining us and sharing our love for quotes.

Please share & use this material however you wish to enrich your life.

We hope you are happy today ~Bb



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I HONOR MY GRIEF

QUOTE
BOLD!



QUOTE
BOLDU

HAVE YOU EVER BEEN AND THE PLACE
TRIES TO HEAL A BIT, AND YOU
JUST PULL THE SCAR OFF IT OVER
AND OVER AGAIN?
- ROSA PARKS



NOBODY CAN HURT ME
WITHOUT MY PERMISSION

QUOTE
BOLD!

QUOTE
BOLDU



WHAT HURTS US IS WHAT HEALS US

QUOTE
BOLD!

A close-up photograph of a woman's face, focusing on her eyes. She is wearing a black headband. Her eyes are dark and looking upwards and slightly to the right. Her eyelashes are long and dark. The background is dark and out of focus.

BEING HURT BY SOMEONE YOU TRULY
CARE ABOUT LEAVES A HOLE IN
YOUR HEART ONLY LOVE CAN FILL

IF WE AREN'T CAPABLE OF BEING HURT
WE AREN'T CAPABLE OF FEELING JOY



QUOTE
BOLDU

QUOTE
BOLD!



THERE'S A NATURAL LAW OF KARMA
THAT VINDICTIVE PEOPLE, WHO GO
OUT OF THEIR WAY TO HURT OTHERS,
WILL END UP BROKEN AND ALONE.

YOU WILL KNOW FORGIVENESS HAS
BEGUN WHEN YOU RECALL THOSE
WHO HURT YOU AND FEEL THE
POWER TO WISH THEM WELL

QUOTE
BOLDU

**YOUR PAIN IS THE BREAKING OF THE
SHELL THAT ENCLOSES YOUR
UNDERSTANDING.**



QUOTE
BOLDU

PAIN IS TEMPORARY.
IF I QUIT, HOWEVER,
IT LAST FOREVER.



QUOTE
BOLD!

QUOTE
BOLDU



TURN YOUR WOUNDS INTO WISDOM

PAIN NOURISHES COURAGE



**QUOTE
BOLDU**

QUOTE
BOLD!



I HAVE LEARNED NOW THAT WHILE
THOSE WHO SPEAK ABOUT ONE'S
MISERIES USUALLY HURT, THOSE
WHO KEEP SILENT HURT MORE.

THE PAIN OF PARTING IS NOTHING
TO THE JOY OF MEETING AGAIN



QUOTE
BOLD!

TO TRULY LAUGH, YOU MUST BE
ABLE TO TAKE YOUR PAIN,
AND PLAY WITH IT.

QUOTE
BOLD!



QUOTE
BOLD!

THROUGH LOVE ALL THAT IS
BITTER WILL BE SWEET

QUOTE
BOLD!



TRUE COMPASSION MEANS NOT ONLY
FEELING ANOTHER'S PAIN, BUT ALSO
BEING MOVED TO RELIEVE IT.

THE GREAT ART OF LIFE IS SENSATION
TO FEEL THAT WE EXIST
EVEN IN PAIN

QUOTE
BOLD!

PAIN AND PLEASURE,
LIKE LIGHT AND DARKNESS,
SUCCEED EACH OTHER.



QUOTE
BOLDU

WHEN YOU CAN'T REMEMBER WHY
YOU'RE HURT, THAT'S WHEN
YOU'RE HEALED.



QUOTE
BOLDU

Thank you for finishing this sharing this moment with us.

HAVE A WONDERFUL DAY!

Please share with friends if you have enjoyed this material.

Always remember,
You are (not) alone. ~Bb



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