



Hurt People Hurt People

Sandra D. Wilson

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Do you know someone—perhaps even a Christian—who seems impossible to get along with?

From the people in the pews to the members of our families, we are surrounded by people who hurt other people. And they do so, the author tells us, because of the seemingly inescapable pain in their own lives.

In *Hurt People Hurt People*, Dr. Sandra Wilson brings her years as a professional counselor to bear on a difficult topic that affects many of us.

Let her warmth and insight lead you toward a heart of compassion and a ministry of healing for those who hurt others.

Hurt People Hurt People Details

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Author : Sandra D. Wilson

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From Reader Review Hurt People Hurt People for online ebook

Derek says

Read it for class. It's pretty much on the money. We all live from our own pain.

J says

This book had some great insights into how past childhood abuse and trauma can affect adults and how past hurts influence how people relate to others. Great insights in this book even if you don't have childhood trauma in your past

Denyece Roberts says

Excellent read this book should be read by everyone lots of good information very very informative

Kayla Mahnken says

I found this book to be extremely insightful and helpful in dealing with past hurts, identifying destructive patterns of behavior and offering healing by laying out practical choices a person can make to journey toward healing and change. Particularly helpful for those who have been hurt by those closest to them.

Laura says

Although the book was not intended for this purpose it helped me understand some history on a fourth step inventory I completed. She wasted no time capturing my attention. Cover to cover a good book. Easy to read and understand with no wasted words. Not for young readers.

Andrew says

Sandra D. Wilson's book *Hurt People Hurt People: Hope and Healing for Yourself and Your Relationships* begins by explaining some of the deepest wounds that people will encounter will come from those closest to them. Wilson's premise is that hurt people hurt people. She starts by addressing a fallacy that adult Christians should be "above" being wounded or hurt. She responds to this suggestion by appealing to the fact that people are human and discussing binding shame. She adds that people wounds may be physical while others may be mental.

Wilson then speaks about the "unseen wounds" that many deal with as being intellectual and the underlying idea that because they are unseen does not mean they are not real. She says "I've offered evidence that sin

damages us physically and intellectually". She continues on to say that "Rather than acknowledging the existence of our invisible inner injuries and treating them, we often attempt to distance ourselves from them by deflecting our pain onto those around us". Hence we hurt other people.

This all comes to Wilson's Theory of Change which says "making and consistently practicing new choices produces change". She believes that if a person does what they always have done, they will get what they have always gotten. So the key is to make changes and practice them regularly.

Some says

Who have you ever met who isn't at least somewhat Bipolar? Be serious now as you think about it. We all hit highs and lows, emotionally, mentally, spiritually. By seeking what is behind the behaviour we can find a hurting world and be well served in our careful approach to loving other's constructively. Just don't omit job one: "Above all else, guard your heart, for it is the wellspring of life."

Stephanie says

This book was an eye opener for me. Good resource for dysfunctional relationships.

Mary says

Highly recommend and wish I had had the wisdom and opportunity to understand the issue of shame long earlier; it is so deep seated in all our relationships and strategies, blocking us from appropriating the good news way down into our hurting souls. Knowing this, and working it through was liberating. I recommend also Wilson's "Released from Shame: Moving Beyond the Pain of the Past"

Judith Hall Simon says

I read the 1993 hardcover copy. If you are looking for a solid Christian approach (but not preachy) to dealing with past childhood abusive environments, I heartily recommend this book. My favorite takeaway sentence is, "Understanding a behavior does not make it acceptable."

Shera says

Wilson had very interesting and well developed ideas about a harmful and dysfunctional past decisions can affect your future. However, it is heavily biased from her own worldview and is filled with explicit explanations and descriptions of abuse. While I enjoy writers who are realistic and talk at face value I think she could make her points without some of the content. Overall, she creates a framework that mostly deals with illness and not definitions of health. If you don't have a childhood dysfunctional past you may find yourself wondering where you fit in, or how teenage or adult experiences factor in.

Dave Morris says

Very helpful for those with dysfunctional relationships in their past, especially when growing up. While often referring to backgrounds with abuse, the same principles apply in dealing with under appreciated effects of growing up with conflicted or verbally abusive upbringings. Emphasis is on breaking the cycle in our own relationships. Highly recommend

Ractery says**Great book**

This book help us to understand why we hurt other people and why other people hurt us. I recommended for those who have being hurt by others.
