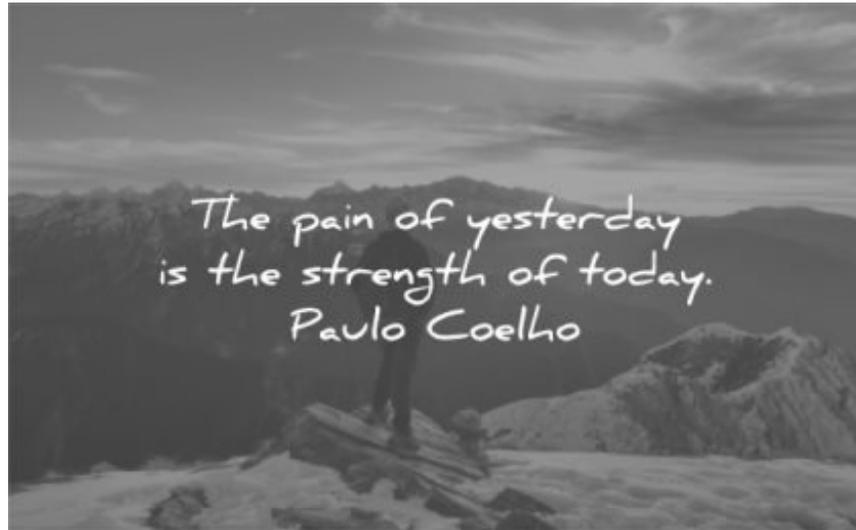


# 220 Hurt Quotes That Will Help You Deal With Suffering

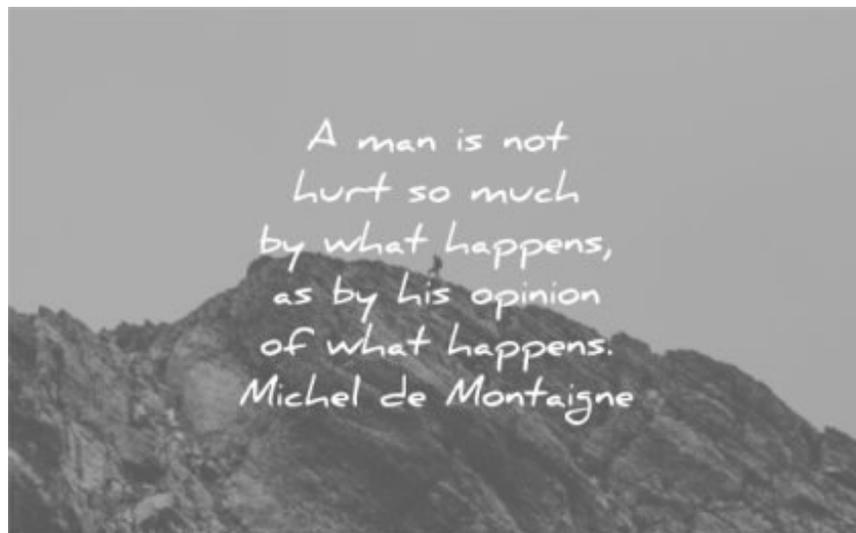
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[W wisdomquotes.com/hurt-quotes/](http://wisdomquotes.com/hurt-quotes/)

Here are the best hurt quotes I could find. Keep in mind that being hurt may seem meaningless in the short term, but in the long term, it's often what we need most.



| The pain of yesterday is the strength of today. Paulo Coelho



| A man is not hurt so much by what happens, as by his opinion of what happens. Michel de Montaigne

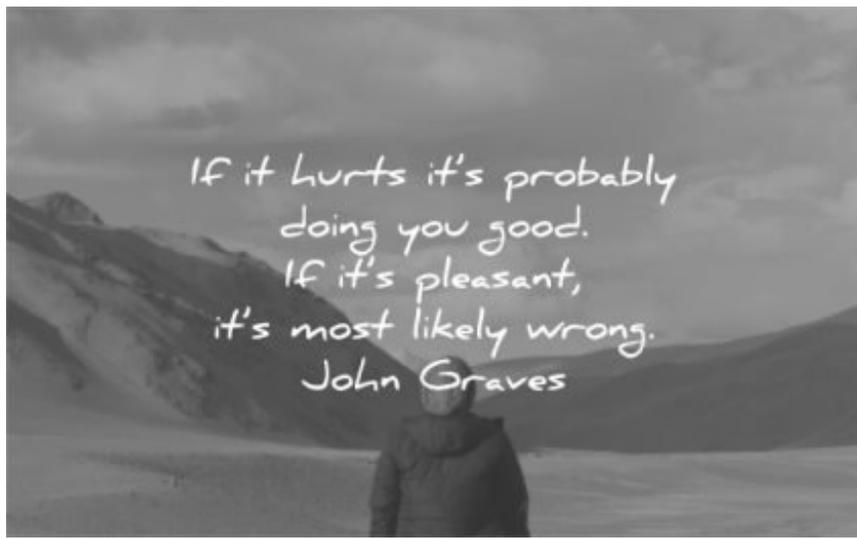


| The worst loss you've ever experienced is the greatest gift you can have. Byron Katie



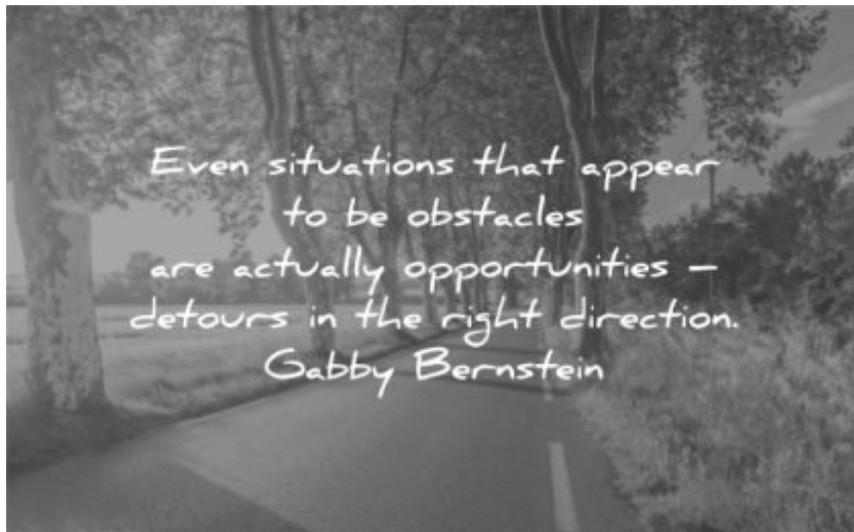
Choose not to be harmed –  
and you won't feel harmed.  
Don't feel harmed –  
and you haven't been.  
Marcus Aurelius

Choose not to be harmed – and you won't feel harmed. Don't feel harmed – and you haven't been. Marcus Aurelius

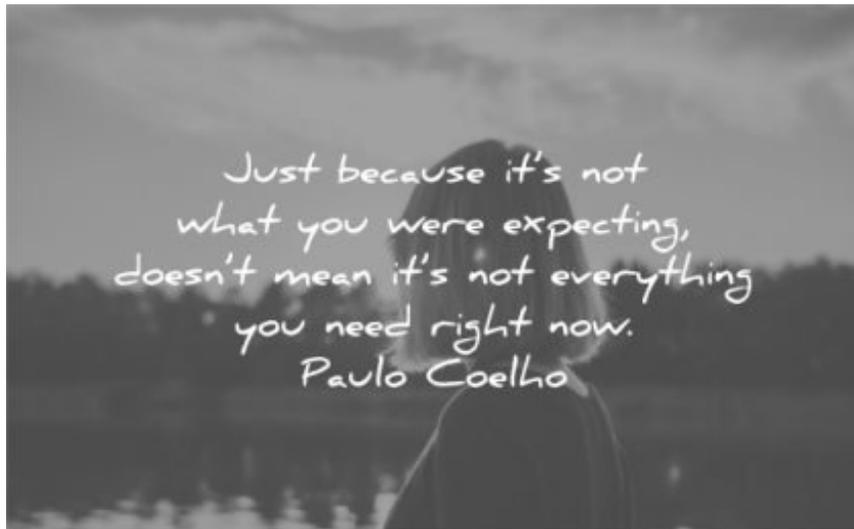


If it hurts it's probably  
doing you good.  
If it's pleasant,  
it's most likely wrong.  
John Graves

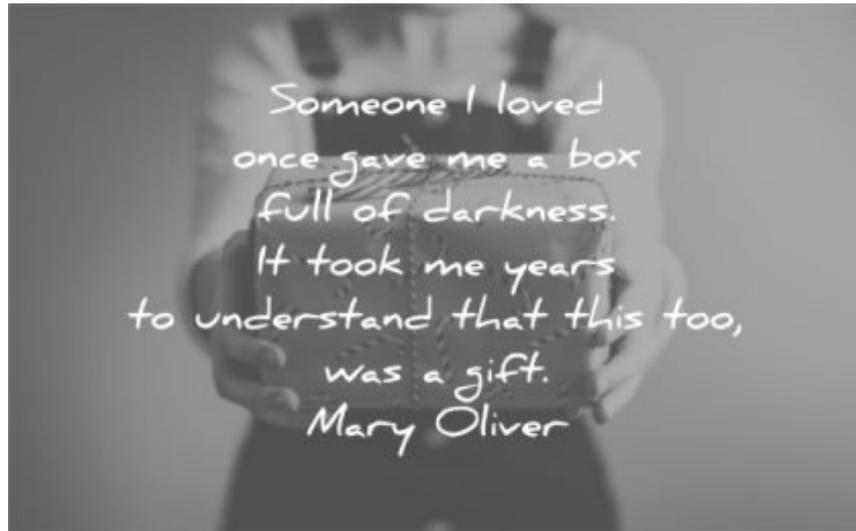
If it hurts it's probably doing you good. If it's pleasant, it's most likely wrong. John Graves



Even situations that appear to be obstacles are actually opportunities – detours in the right direction. Gabby Bernstein



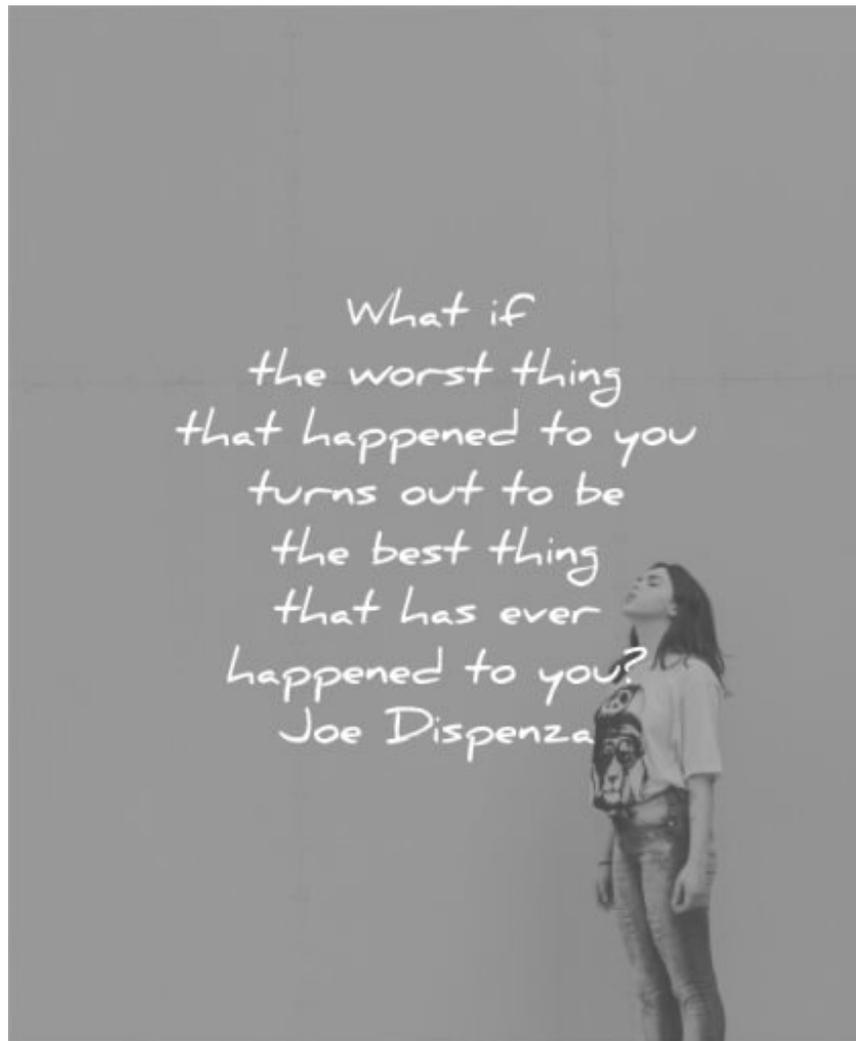
Just because it's not what you were expecting, doesn't mean it's not everything you need right now. Paulo Coelho



Someone I loved once gave me a box full of darkness. It took me years to understand that this too, was a gift. Mary Oliver



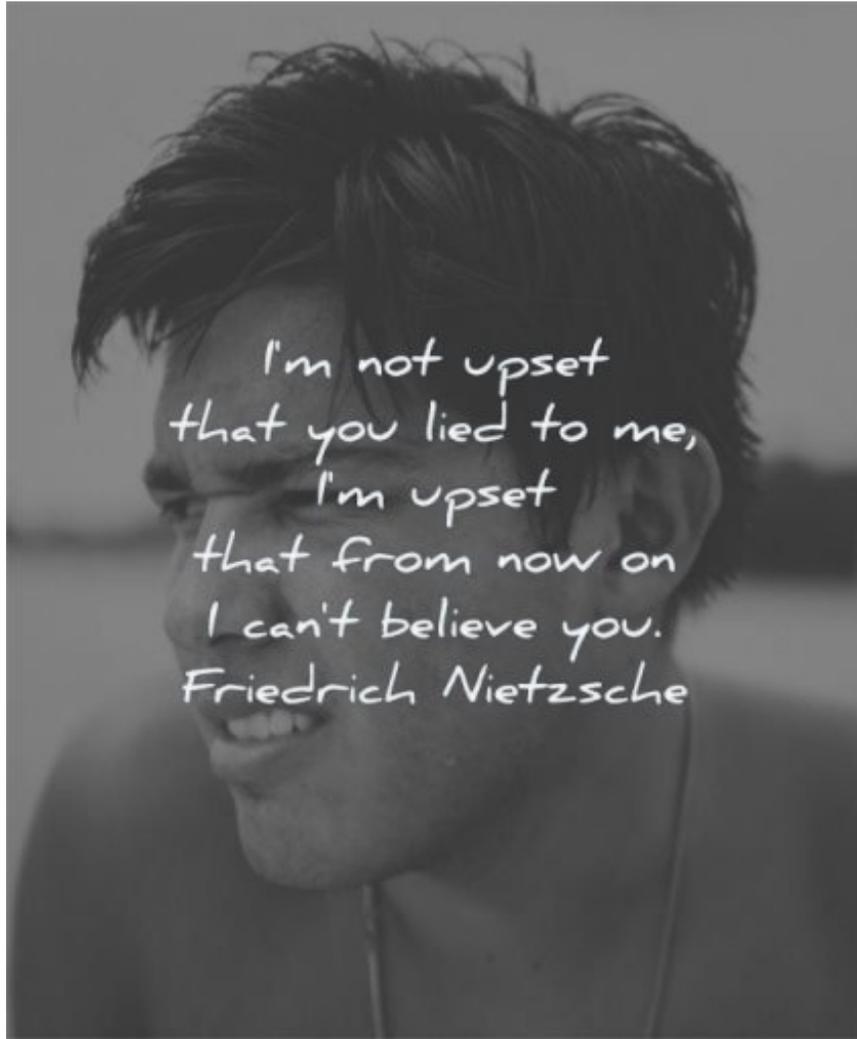
The moment you accept what troubles you've been given, the door will open. Rumi



What if the worst thing that happened to you turns out to be the best thing that has ever happened to you? Joe Dispenza



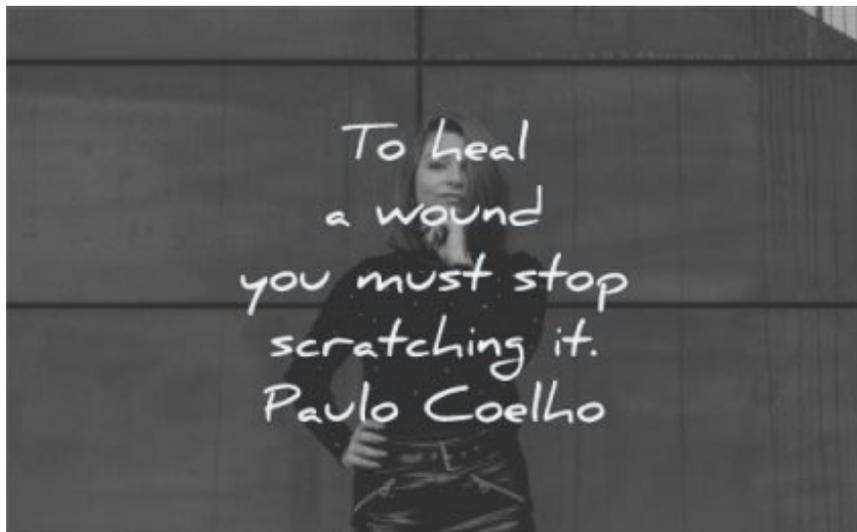
| It does not matter what you bear, but how you bear it. Seneca



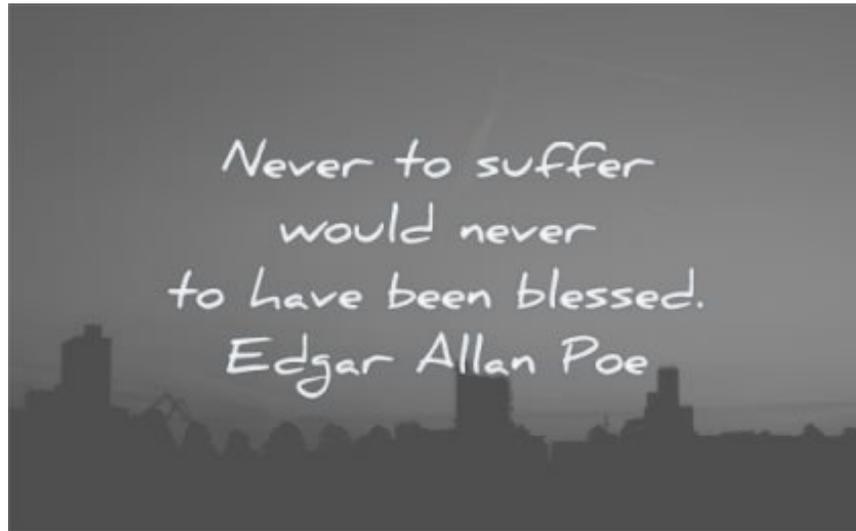
I'm not upset that you lied to me, I'm upset that from now on I can't believe you. Friedrich Nietzsche



| Live. Understand. Move on. Maxime Lagacé



| To heal a wound you must stop scratching it. Paulo Coelho



| Never to suffer would never to have been blessed. Edgar Allan Poe

See also: [sad quotes](#), [stoic quotes](#), [encouraging quotes](#)

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## The Best Hurt Quotes

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[Go to table of contents](#)

| Despair can never be dissolved through escape, but by observing it. Jiddu Krishnamurti

| Pain is inevitable, suffering is not. Henepola Gunaratana

| Be grateful in spite of your suffering. Jordan Peterson

| The purpose of life, as far as I can tell... is to find a mode of being that's so meaningful that the fact that life is suffering is no longer relevant. Jordan Peterson (Maps of Meaning)

| Another person will not hurt you without your cooperation. You are hurt the moment you believe yourself to be. Epictetus

| So other people hurt me? That's their problem. Their character and actions are not mine. What is done to me is ordained by nature, what I do by my own. [Marcus Aurelius](#)

| Better to have loved and lost, than to have never loved at all. Augustine of Hippo

| When there is no resistance of any kind then there is no psychological problem. Jiddu Krishnamurti

| Accept suffering and achieve atonement through it – that is what you must do. Fyodor Dostoyevsky

| You aren't really being rejected – you're being redirected. Mel Robbins

| Many things cause pain which would cause pleasure if you regarded their advantages.  
Baltasar Gracián

| A fountain gets muddy with but little stirring up, and does not get clear by our meddling with it but by our leaving it alone. The best remedy for disturbances is to let them run their course, for so they quiet down. Baltasar Gracián

| Injuries done to us by others tend to be acute; the self-inflicted ones tend to be chronic.  
Nassim Nicholas Taleb (The Bed of Procrustes)

| And once the storm is over, you won't remember how you made it through, how you managed to survive. You won't even be sure, whether the storm is really over. But one thing is certain. When you come out of the storm, you won't be the same person who walked in.  
Haruki Murakami

| The avoidance of suffering is a form of suffering. The avoidance of struggle is a struggle. Hiding what is shameful is itself a form of shame. Mark Manson

| It is in dialogue with pain that many beautiful things acquire their value. Alain de Botton (The Architecture of Happiness)

| Part 1. Life will have terrible blows, horrible blows, unfair blows, doesn't matter. And some people recover and others don't. Charlie Munger

| Part 2. I think the attitude of Epictetus is the best. He thought that every mischance in life was an opportunity to behave well, every mischance in life was an opportunity to learn something, and your duty was not to be submerged in self-pity but to utilize the terrible blow in a constructive fashion. Charlie Munger

| If you ignore a deep wound, it gets infected. Same is true of psychological wounds. You have to treat a wound to heal it. Neil Strauss

| If you evade suffering you also evade the chance of joy. Pleasure you may get, or pleasures, but you will not be fulfilled. You will not know what it is to come home. Ursula K. Le Guin (The Dispossessed)

| Oh, love isn't there to make us happy. I believe it exists to show us how much we can endure.  
Hermann Hesse

| No man is hurt but by himself. Diogenes

See also: [the quotes we use and love the most](#)

## Part 2. Hurt Quotes That Are...

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### The Most Famous Hurt Quotes (Nietzsche, Lady Gaga, Tolstoy, etc.)

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[Go to table of contents](#)

| We need never be ashamed of our tears. Charles Dickens

| Truth is everybody is going to hurt you: you just gotta find the ones worth suffering for. Bob Marley

| Step out of the history that is holding you back. Step into the new story you are willing to create. Oprah Winfrey

| Nothing on earth consumes a man more quickly than the passion of resentment. Friedrich Nietzsche

| Handling our suffering is an art. If we know how to suffer, we suffer much less, and we're no longer afraid of being overwhelmed by the suffering inside. Thich Nhat Hanh

| In the Now, in the absence of time, all your problems dissolve. Suffering needs time; it cannot survive in the Now. Eckhart Tolle

| Some changes look negative on the surface but you will soon realize that space is being created in your life for something new to emerge. Eckhart Tolle

| Suffering is part of our training program for becoming wise. Ram Dass

| We are more often frightened than hurt; and we suffer more from imagination than from reality. Seneca

| God allows us to experience the low points of life in order to teach us lessons that we could learn in no other way. C.S. Lewis

| Sometimes your heart needs more time to accept something that your mind already knows. Paulo Coelho

| I began to understand that suffering and disappointments and melancholy are there not to vex us or cheapen us or deprive us of our dignity but to mature and transfigure us. Hermann Hesse (Peter Camenzind)

| I hurt myself today, to see if I still feel. I focus on the pain, the only thing that's real. Johnny Cash

| If you see somebody that's hurting, don't look away. And if you are hurting, even though it might be hard, try to find that bravery within yourself to dive deep and go tell somebody.

| Lady Gaga (Grammys 2019)

| Only people who are capable of loving strongly can also suffer great sorrow, but this same necessity of loving serves to counteract their grief and heals them. Leo Tolstoy

| If there was no suffering, man would not know his limits, would not know himself. Leo Tolstoy (War and Peace)

More [famous quotes](#)

## Short Hurt Quotes

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[Go to table of contents](#)

One-liners, short hurt quotes, sayings, thoughts and captions for your bio, social status, self-talk, motto, mantra, signs, posters, wallpapers, backgrounds.

| Embrace your suffering tenderly. Thich Nhat Hanh

| No one can hurt me – that's my job. Byron Katie

| Heaven or hell; it's all in the mind. D. Muthukrishnan

| Only in ending is there a new beginning. Jiddu Krishnamurti

| We cannot learn without experiencing pain. Unknown

| How you relate to the issue \*is\* the issue. Ron Hulnick

| Today's hot pain is tomorrow's cold wisdom. [@TheStoicEmperor](#)

| The axe never remembers. The tree never forgets. Paulo Coelho

| The greatest griefs are those we cause ourselves. Sophocles

| Pain doesn't hurt as much when you stop avoiding it. Mel Robbins

| What hurts you, blesses you. Darkness is your candle. Rumi

| Whatever rejection you're facing right now is a gift. Mel Robbins

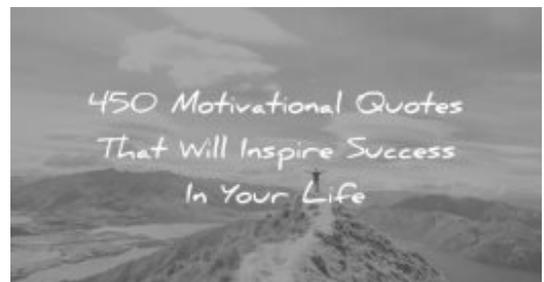
| Failure hurts but passes quickly. Regret hurts forever. Shane Parrish

| No one and nothing can free you but your own understanding. Ajahn Chah

| Stop running from pain. Pain is here to teach you something. Justin Kan

More short quotes

You may also like:





## Inspirational And Encouraging Hurt Quotes

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### [Go to table of contents](#)

| People need hard times and oppression to develop psychic muscles. Emily Dickinson

| We are not our stories, our dramas, or our wrongdoings. We are love. Gabby Bernstein  
(Judgment Detox)

| Don't allow your wounds to turn you into a person you are not. Paulo Coelho

| For a tree to become tall it must grow tough roots among the rocks. Friedrich Nietzsche

| When jarred, unavoidably, by circumstances, revert at once to yourself, and don't lose the rhythm more than you can help. You'll have a better grasp of harmony if you keep on going back to it. Marcus Aurelius

| I've survived a lot of things, and I'll probably survive this. J. D. Salinger

| When another person makes you suffer, it is because he suffers deeply within himself, and his suffering is spilling over. He does not need punishment; he needs help. That's the message he is sending. Thich Nhat Hanh

| It is perhaps when our lives are at their most problematic that we are likely to be most receptive to beautiful things. Alain de Botton (The Architecture of Happiness)

| Because of your difficult experience, you will become stronger, wiser and more compassionate toward those having a hard time. Haemin Sunim

| Part 1. We are all gonna get heartbroken over and over again. We are all gonna deal with failures all over again. But it's how we think about those moments, in the moment. Lilly Singh

| Part 2. I've trained my brain to allow myself to be upset when I'm heartbroken or allow myself to feel failure but not be down the dumps for too long. Lilly Singh

Part 3. Getting hurt efficiently means we're hurt, how can we efficiently learn a lesson in this moment so that the next time you will be heartbroken, which you will be, it's inevitable, you're better equipped to deal with it. Lilly Singh

Use setbacks in life as an opportunity to become a bigger and better person. Don't wallow. Shane Parrish

Being rejected from something good just means you were being pointed toward something better. Unknown

The measure of who we are is how we react to something that does not go our way. Gregg Popovich

Learn from your past, but don't be controlled by it. Mel Robbins

Never be afraid to suffer, it's just a tool that some people aren't willing to use. It's that very tool that strengthens weak people. David Goggins

Try to learn to let what is unfair teach you. David Foster Wallace (Infinite Jest)

Misfortune is virtue's opportunity. Seneca

If you are going to heal in a magnificent way, you have to feel magnificent. Joe Dispenza

See also: [positive quotes](#), [strength quotes](#)

## Funny (Or Perhaps Not So Funny After All...)

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[Go to table of contents](#)

Just because someone serves you a bad meal, does not mean you have to eat it. George Raveling

That feeling when you give it all you have and life still kicks your ass. Shane Parrish

Gradually the healing took place, seeming as it always does that it wasn't taking place. Ursula K. Le Guin

"Why did they insult me?" Bad question. "Why did I feel insulted?" Good question. @TheStoicEmperor

More [funny quotes](#)

## Deep And Emotional Hurt Quotes

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[Go to table of contents](#)

Ninety-nine percent of your problems are created by you because you take life seriously.  
Osho

If you suffer it is because of you, if you feel blissful it is because of you. Nobody else is responsible – only you and you alone. Osho

There will always be suffering. But we must not suffer over the suffering. Alan Watts

People who wrong others for no good reason tend to keep at it until they finish the job.  
Thucydides

We often benefit from harm done to us by others, almost never from self-inflicted injuries.  
Nassim Nicholas Taleb (The Bed of Procrustes)

It is precisely in times of immunity from care that the soul should toughen itself beforehand for occasions of greater stress, and it is while fortune is kind that it should fortify itself against her violence. Seneca

Don't drift into self-pity because it doesn't solve any problems. Generally speaking, envy, resentment, revenge and self-pity are disastrous modes of thoughts. Charlie Munger

Whenever you think that some situation or some person is ruining your life, it's actually you who are ruining your life. It's such a simple idea. Feeling like a victim is a disastrous way to make go through life. Charlie Munger

Sentimentality and emotionalism are the most destructive things. Jiddu Krishnamurti

If you didn't remember something happening, was it because it never had happened? Or because you wished it hadn't? Jodi Picoult (Plain Truth)

Things that break – be they bones, hearts, or promises – can be put back together but will never really be whole. Jodi Picoult (Handle With Care)

When things break down, what has been ignored rushes in. Jordan Peterson

A man is the sum of his misfortunes. One day you'd think misfortune would get tired, but then time is your misfortune. William Faulkner

Life eventually humbles us all. The longer it takes, the harder the fall. Ed Latimore

Life is full of suffering. Yes. Why should it be otherwise? Embrace. Endure.  
@TheStoicEmperor

Pain and death are part of life. To reject them is to reject life itself. Havelock Ellis

More [deep quotes](#)

## Wise Hurt Quotes (Words Of Wisdom)

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[Go to table of contents](#)

I can bear any pain as long as it has meaning. Haruki Murakami (1Q84)

Recognize reality even when you don't like it – especially when you don't like it. Charlie Munger

The river you're in has strong waves and smooth waves too. Same water, but different energy. Use them both wisely. Maxime Lagacé

Meditation is the only answer to all the questions of man. It may be frustration, it may be depression, it may be sadness, it may be meaninglessness, it may be anguish: The problems may be many but the answer is one. Meditation is the answer. Osho

Attachment is the root cause of all misery – and our mind is such that it starts clinging to each and everything. It starts becoming identified, attached, it does not know how to keep a distance; hence the misery. Osho

If you feel pain, be attentive to it; don't do anything. Attention is the great sword; it cuts everything. You simply pay attention to the pain. Osho

The less the head, the more the wound will heal – with no head there is no wound. Live a headless life. Move as a total being, and accept things. Osho

It's not the load that breaks you down, it's the way you carry it. Lena Horne

We don't meditate to see heaven, but to end suffering. Ajahn Chah

Instead of treating events as wins or losses, ask “Did I learn something I can apply in the future?” If not, you must treat it as a loss. Naval Ravikant

A lesson will be presented to you in various forms until you have learned it, then you can go on to the next lesson. Unknown

You cannot suffer the past or future because they do not exist. What you are suffering is your memory and your imagination. Jaggi Vasudev (Sadhguru)

Pain is a teacher that commands the attention of every student. A lesson learned from suffering is not easily forgotten. @TheStoicEmperor

We are not in control of pain. No matter how hard we try. Not of the cause or the duration – only the response. Ryan Holiday

| There is no normal life that is free of pain. It's the very wrestling with our problems that can be the impetus for our growth. Fred Rogers

| Learn to accept discomfort and uncertainty. It will eliminate most of your imagined suffering. Neil Strauss

| All suffering originates from craving, from attachment, from desire. Edgar Allan Poe

| I judge you unfortunate because you have never lived through misfortune. You have passed through life without an opponent – no one can ever know what you are capable of, not even you. Seneca

More [wisdom quotes](#)

See also: [9 Ways to Respond When Someone Hurts You](#) (psychologytoday.com)

## **Part 3. Hurt Quotes About...**

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### **Quotes About Life, Feeling Hurt, Ego, Expectations**

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[Go to table of contents](#)

| One benefit of a life crisis is increased self-awareness. David Hawkins

| Life is a spell so exquisite that everything conspires to break it. Emily Dickinson

| You can destroy my body, but not my soul. Paulo Coelho (Manuscript Found in Accra)

| Someday, we'll forget the hurt, the reason we cried and who caused us pain. And we'll finally realize that the secret of being free is not revenge, but letting things unfold in their own way and own time. Paulo Coelho

| I have seen many storms in my life. Most storms have caught me by surprise, so I had to learn very quickly to exercise the art of patience and to respect the fury of nature. Paulo Coelho

| But then again, maybe bad things happen because it's the only way we can keep remembering what good is supposed to look like. Jodi Picoult (Nineteen Minutes)

| Why is what's bothering you, bothering you? Either non-acceptance of reality, or lack of appropriate engagement to change it. David Allen

| You must practice seeing yourself with a little distance, cultivating the ability to get out of your own head. Detachment is a sort of natural ego antidote. Ryan Holiday

Be aware – deep down you are really attached to your negative emotions. They are your ego.  
Osho

We are most easily deceived by that which we most desire. @TheStoicEmperor

After someone is hurt emotionally the long term danger is that they prioritize protecting themselves over loving again. If you protect yourself from the downside of the world at all costs, you block yourself from the upside of the world. Bill Masur

You suffer because of your unreasonable expectations not because of reality. No one suffers because of reality. Reality is what it is and has always been so. It is the rose colored and naively idealistic lens through which we perceive reality that sets us up for disappointment.  
[@TheAncientSage](#)

Sometimes it is best to lie low, to do nothing but let the winter pass. Robert Greene

See also: [ego quotes](#)

## Hurt Quotes About Love, Broken Heart, Jealousy

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[Go to table of contents](#)

Love more, not less. Will you take a hit? Of course you will. Do it anyway. Bob Goff

Ask no questions, and you'll be told no lies. Charles Dickens

Love, though said to be afflicted with blindness, is a vigilant watchman. Charles Dickens

I hate him for himself, but despise him for the memories he revives. Emily Brontë

A profound love between two people involves, after all, the power and chance of doing profound hurt. Ursula K. Le Guin (The Left Hand of Darkness)

If you love deeply, you're going to get hurt badly. But it's still worth it. C.S. Lewis

Love is an incurable disease. In love, there is permanent suffering. Those who love and those who are happy are not the same. Alain de Botton (How Proust Can Change Your Life)

Once you had put the pieces back together, even though you may look intact, you were never quite the same as you'd been before the fall. Jodi Picoult

When you have been burned by fire once, you don't leap into the flames again. Jodi Picoult (Between the Lines)

Wrongs are often forgiven, but contempt never is. Our pride remembers it forever. Lord Chesterfield

I don't care what you do to me, but I don't want you to hurt me. I've had enough hurt already in my life. More than enough. Now I want to be happy. Haruki Murakami (Norwegian Wood)

Fear empty words more than silence. @TheStoicEmperor

Each breakup brings you closer to the person who is right for you. Thibaut

You're allowed to leave someone you love if they're treating you poorly, you're allowed to put yourself first if you're settling and you're allowed to walk away when you've tried over and over again but nothing has changed. Rania Naim

The best revenge is living well without you. Joyce Carol Oates

Waiting is painful. Forgetting is painful. But not knowing which to do is the worst kind of suffering. Paulo Coelho

You may be hurt if you love too much, but you will live in misery if you love too little. Napoleon Hill

See also: [jealousy and envy quotes](#)

See also: [How To Get Over Rejection](#) (YouTube video by The School of Life)

## Hurt Quotes About Friendship, Relationships, Family

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[Go to table of contents](#)

Spiteful words can hurt your feelings but silence breaks your heart. C.S. Lewis

If someone succeeds in provoking you, realize that your mind is complicit in the provocation. Epictetus

It never ceases to amaze me: we all love ourselves more than other people, but care more about their opinion than our own. Marcus Aurelius

A man's ultimate freedom lies in a total indifference to the way he is treated. Kapil Gupta

The lesson? To respond to the unexpected and hurtful behavior of others with something more than a wipe of the glasses, to see it as a chance to expand our understanding. Alain de Botton (How Proust Can Change Your Life)

Everyone is responsible for their own happiness. Trying to take on the responsibility of another person's happiness can hurt them in the long run and deprive them of miracles. Gabby Bernstein

Much unhappiness has come into the world because of bewilderment and things left unsaid.  
Fyodor Dostoevsky

The best way to live a miserable life is to pay attention to what other people are saying about you. Paulo Coelho

Not everyone you lose is a loss. Dan Mace

More [friendship quotes](#), [family quotes](#)

See also: [8 Ways to Respond When a Friend Hurts You](#) (psychologytoday.com)

## Hurt Quotes About Anger, Criticism

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[Go to table of contents](#)

Anger is a blunt tool. It won't hurt your enemies. However, It will definitely hurt you.  
Chanakya

A person who broods on revenge only worsens his wounds. His injuries would heal if he would refrain. Francis Bacon

To remove the sting of insult, stop valuing compliments. B. Biddles

People say hurtful things because they themselves have been hurt. Haemin Sunim

Why should your life be destroyed because of the easy criticism of those who do not know you or care about you? Haemin Sunim

We are far more affected by one word of criticism than by ten words of praise. Whenever you are hurt by someone's criticism, remember that behind that one word of criticism, there are ten words of praise from those who like you and cheer you on. Haemin Sunim

Few in this world are ever simply nasty; those who hurt us are themselves in pain. The appropriate response is hence never cynicism nor aggression but, at the rare moments one can manage it, always love. Alain de Botton (The Course of Love)

There are two major reasons for resentment: being taken advantage of (or allowing yourself to be taken advantage of), or whiny refusal to adopt responsibility and grow up. Jordan Peterson

Telling hard truths causes friction in the short term, but earns respect for the long term. Flattery will get you ahead in the short term, but harm you in the long run. People resent their enablers when they face the costs of their delusions. @TheStoicEmperor

Vengeance wastes a lot of time and exposes you to many more injuries than the first that sparked it. Anger always outlasts hurt. Seneca

More [anger quotes](#), [patience quotes](#)

See also: [Why Are People So Nasty?](#) (YouTube video by The School of Life)

## Hurt Quotes About Forgiveness

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[Go to table of contents](#)

Forgiveness leads to a shift in perception. It transforms the hurt into healing. Iyanla Vanzant

Forgive but do not forget, or you will be hurt again. Forgiving changes the perspectives. Forgetting loses the lesson. Paulo Coelho

Die each day; die each day to yourself, to your misery, to your sorrow; put aside that burden so that your mind is fresh, young and innocent. Jiddu Krishnamurti

It's one of the toughest things in the world when somebody has hurt you, and you can find within yourself the strength to begin the whole process of forgiveness. And it turns out to be the gift to you, not so much the gift to the person you're forgiving. Dr. William Orr

I always hated when my scars started to fade, because as long as I could still see them, I knew why I was hurting. Jodi Picoult (Handle With Care)

One of the most **courageous** decisions you'll ever make is to finally let go of what is hurting your heart and soul. Unknown

Forgiveness is making a conscious decision to live in the present, even if the past still hurts. Unknown

Strength of character means the ability to overcome resentment against others, to hide hurt feelings, and to forgive quickly. Lawrence G. Lovasik

One should never do wrong in return, nor mistreat any man, no matter how one has been mistreated by him. Socrates

Hanging onto resentment is letting someone you despise live rent-free in your head. Ann Landers

As long as we carry grudge against someone, that person goes on haunting us in a way – we give them power over us. We are not free. Osho

More [forgiveness quotes](#)

See also: [6 Cool Things To Do If Someone Hurts You](https://www.huffpost.com) (huffpost.com)

## Hurt Quotes About Sadness, Suffering, Pain

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[Go to table of contents](#)

Setbacks are inevitable; misery is a choice. Stephen R. Covey

The purpose of pain is to move us into action. It is not to make us suffer. Tony Robbins

I'm like someone who's been thrown into the ocean at night, floating all alone. I reach out, but no one is there. I call out, but no one answers. Haruki Murakami

Still, being able to feel pain was good, he thought. It's when you can't even feel pain anymore that you're in real trouble. Haruki Murakami (*Colorless Tsukuru Tazaki and His Years of Pilgrimage*)

Suffering has been stronger than all other teaching, and has taught me to understand what your heart used to be. I have been bent and broken, but – I hope – into a better shape. Charles Dickens

Suffering is an indication of ignorance, but in seeking an escape from suffering you are only nourishing ignorance. Jiddu Krishnamurti

The damage was permanent; there would always be scars. But even the angriest scars faded over time until it was difficult to see them written on the skin at all, and the only thing that remained was the memory of how painful it had been. Jodi Picoult

The biggest mistake we make with negative emotions is trying not to feel them. Awareness deepens positive emotions and allows negative ones to dissipate. Trying to avoid your feelings causes suffering. Shane Parrish

The pain of trying and failing is intense and over rather quickly. The pain of failing to try, on the other hand, is less intense but never really goes away. Shane Parrish

You cry, I'm suffering severe pain! Are you then relieved from feeling it, if you bear it in an unmanly way? Seneca

I don't know about you, but every important thing in my life I've ever learned was painful. Jordan Peterson

It is very important that we do not try to run away from our painful feelings. We can recognize, accept, embrace, and look deeply. Thich Nhat Hanh

Know that you never suffer from anyone but yourself. Vernon Howard

| Suffering is a test. That's all it is. Suffering is the true test of life. David Goggins

See also: [pain quotes](#)

## Quotes About Overcoming Being Hurt, Letting Go

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[Go to table of contents](#)

| A clear mind heals everything that needs to be healed. Byron Katie

| And what is laughter anyway? Changing the angle of vision. Erica Jong

| We cannot simply sit and stare at our wounds forever. We must stand up and move on to the next action. Haruki Murakami

| People have a hard time letting go of their suffering. They prefer suffering that is familiar to the unknown. Thich Nhat Hanh

| Every negative situation contains the possibility for something positive, an opportunity. It is how you look at it that matters. Robert Greene

| Whatever is happening in your life, you and only you are responsible for it. If you had not been clinging, the wheel would have moved. Osho

| If the mind is attentive and does not move away from suffering, you will see that out of total attention comes not only energy but also that suffering comes to an end. Jiddu Krishnamurti

| Go to the place inside that hurts. The part that's lonely or sad. Your broken heart. Your bruised ego. The part of you that worries it will always be this way. Go there now and silently repeat: May you be happy. May you be safe. May you be filled with love. You're not alone. Jason Garner

| One of the best protections against disappointment is to have a lot going on. Alain de Botton

| Prioritize healing over history. Ebonee Davis

| To solve all problems, be here, in reality, now. Recognize that they exist only in a past or a future. Byron Katie

| If you feel lost, disappointed, hesitant, or weak, return to yourself, to who you are, here and now and when you get there, you will discover yourself, like a lotus flower in full bloom, even in a muddy pond, beautiful and strong. Masaru Emoto (Secret Life of Water)

| The pain that you create now is always some form of nonacceptance, some form of unconscious resistance to what is. Eckhart Tolle

| The trick to healing from suffering, I think, is deciding that the pain was worth it. Aella

| Take full responsibility for your life. @DailyZen

| We acquire the most strength and wisdom at those points in our lives that are the most difficult. When we think back on our difficult times, what we learned from them and how we overcame them, we realize that they have been a priceless experience for us. Haemin Sunim

| When we suffer, notice that our suffering is often made of thoughts. As our inner commentary ceases, notice that the suffering stops, too. Haemin Sunim

| What distresses us is less the circumstances we find ourselves in and more the energy we expend in resisting them. Haemin Sunim

| Conquer pain by surrendering to the experience of it. Justin Kan

| No matter who hurt you in the past, fixing you is your responsibility and your burden.  
@LifeMathMoney

| To smile to our pain is the wisest, the most intelligent, the most beautiful thing we can do. There is no better way. Thich Nhat Hanh

See also: [inner peace quotes](#), [letting go quotes](#)

See also: [How to Let Go and Forgive \(zenhabits.net\)](#)

## Part 4. Conclusion

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[Go to table of contents](#)

| When pain, misery, or anger happen, it is time to look within you, not around you. Jaggi Vasudev (Sadhguru)

Call to action: Read [Accept Your Pain; It Will Hurt Less](#) (psychologytoday.com)

## Table Of Contents

---

### Part 1

[Top 15 Images](#)

[Best Hurt Quotes](#)

### Part 2

[Hurt Quotes That ARE](#)

[Famous](#)

[Short](#)

Inspirational

Funny

Deep

Wise

**Part 3**

Hurt Quotes ABOUT

Life, Feeling Hurt

Love

Friendship

Anger

Forgiveness

Sadness, Pain

Letting Go

**Part 4**

Conclusion