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Hurt examples

Small:

- You were impatient with me when I asked you to pick up your socks from the bathroom
- I told you that I am tired and you continued nagging to speak with me
- You cut me in the middle of my speech / you left the conversation in the middle / you cut the phone call in the middle
- I told you that I need attention, and you just continued speaking for an hour about your problems, and you didn't check at any moment how I am
- You went to drink with your friends and you didn't invite me

Middle:

- When I told you that I really need help with baby sitting my kids in the weekend because I was so overwhelmed, you just said that it is not your weekend to guard the children
- I invited you to go together to a vacation, you didn't answer, and later I figured that you are going with David and Jonathan.
- When we were on vacation, I told you that I do not want you to call your EX, and you still did it, 3 times !
- You are always late for our appointments. I can't count on you ever.
- When we met with your friends, you left me alone the whole evening

Big:

- Since a year you don't want to make love with me
- When we were in Japan and I was not well, I went alone to the hospital and you didn't accompany me
- Parent child hurt:
You hit me when I was a kid



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You never listened to me nor was interested in how I feel
You didn't come to my wedding

- When I was most weak and sick, you took a lover.
- We were engaged, and in the last month you cancelled everything. That humiliated me in front of my whole family
- When I got pregnant, suddenly you were so cold and distance all through the pregnancy.