



DO YOU HURT PEOPLE BECAUSE YOU ARE HURTING?

LEARN HOW TO
GET HEALED
FROM YOUR HURT
IN THIS SUNDAY'S
MASTERMIND
CLASS AND
CLINIC!

By Charles E. Winburn, M.Ed.



DO YOU HURT PEOPLE DELIBERATELY?

LEARN SUNDAY
HOW TO HEAL
FROM YOUR
HURT!

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ARE YOU OUT FOR REVENGE TO HURT WHITE OR BLACK PEOPLE?

LEARN HOW TO
GET HEALED
FROM YOUR HURT
THIS SUNDAY?

3

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REVENGE!

PART 2

LEARN HOW TO BRING
AN END TO PEOPLE
WHO HAVE HURT YOU
IN THIS SUNDAY'S
MASTERMIND CLASS
AND CLINIC!

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WHY DO FAMILY MEMBERS HURT EACH OTHER?

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CLINIC!

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WHY ARE YOUR PARENTS & SIBLINGS SO MEAN AND HURTFUL?

LEARN SUNDAY
WHAT HAPPENED
TO YOUR PARENTS
AND SIBLINGS!

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ALL DIVORCES AND SEPARATIONS ARE DUE TO ONE OR BOTH SPOUSES WANTING TO HURT THE OTHER!

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LEARN WHY IN
THIS SUNDAY'S
MASTERMIND
CLASS AND
CLINIC!

Disclaimer: This teaching is for religious and educational purposes only and is not designed to diagnose or give medical or psychological advice whatsoever. Please seek the advice of your medical doctor, psychologist, or counselor.

Resources

We do not have any ownership stakes or financial investment in these businesses. They are wonderful services that could potentially benefit you.

Aim for Wellbeing
The Christ Hospital
513-791-5521

***AIM for Wellbeing: Integrative
and Functional Medicine***

Life Extension

**Research-based vitamins
and minerals**

855-874-9087

John H. Thomas, Ed.D.
Clinical psychologist
513-961-5682
(24-hour answering service)

Amen Clinics
Brain SPECT Imaging
877-311-2828

Natural ways to heal your body

Clifton Natural Foods

336 Ludlow Avenue

Cincinnati, OH 45220

513-961-6111

**Ohio Domestic Violence
Network (ODVN) Helpline**

1-800-934-9840

www.odvn.org

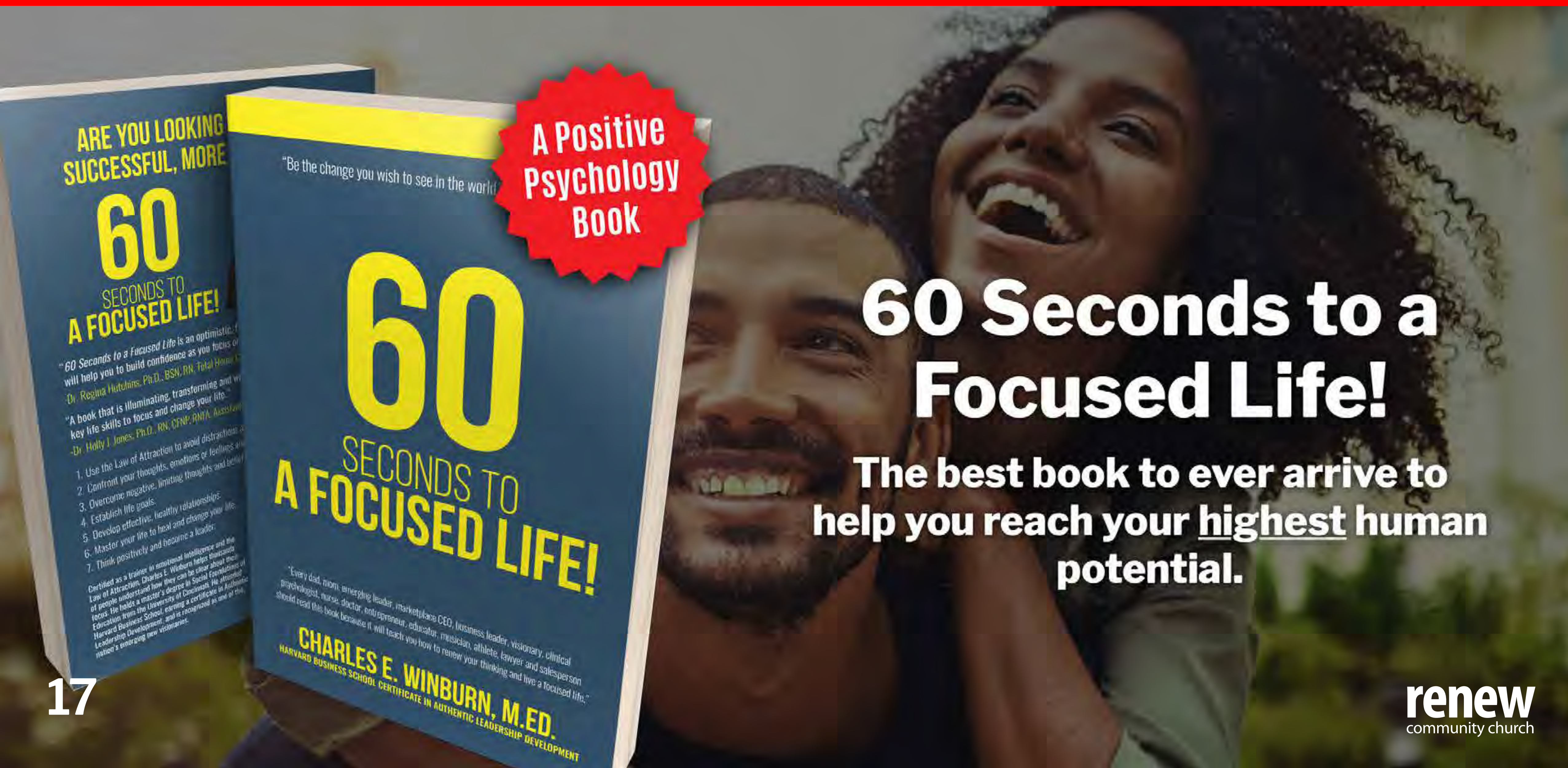
National Domestic Violence Hotline

1-800-799-SAFE (7233)

1-800-787-3224 (TTY)

www.thehotline.org

Visit today: **60SecondsToAFocusedLife.com**



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Psychology
Book**

60 Seconds to a Focused Life!

The best book to ever arrive to
help you reach your highest human
potential.

ARE YOU LOOKING
SUCCESSFUL, MORE

60

SECONDS TO
A FOCUSED LIFE!

"60 Seconds to a Focused Life is an optimistic...
will help you to build confidence as you focus on...
-Dr. Regina Hutcheson, Ph.D., BSN, RN, Total Home Care

"A book that is illuminating, transforming and will
key life skills to focus and change your life."
-Dr. Holly J. Jones, Ph.D., RN, CFNP, ANFA, Assistant

1. Use the Law of Attraction to avoid distractions
2. Confront your thoughts, emotions or feelings
3. Overcome negative, limiting thoughts and beliefs
4. Establish life goals
5. Develop effective, healthy relationships
6. Master your life to heal and change your life
7. Think positively and become a leader

Certified as a trainer in emotional intelligence and the
Law of Attraction, Charles E. Winburn helps thousands
of people understand how they can be clear about their
focus. He holds a master's degree in Social Foundations of
Education from the University of Cincinnati. He attended
Harvard Business School, earning a certificate in Authentic
Leadership Development, and is recognized as one of the
nation's emerging new visionaries.

60

SECONDS TO
A FOCUSED LIFE!

CHARLES E. WINBURN, M.ED.
HARVARD BUSINESS SCHOOL CERTIFICATE IN AUTHENTIC LEADERSHIP DEVELOPMENT

**Therefore all things
whatsoever ye would that men
should do to you, do ye even so
to them: for this is the law and
the prophets.**

Matthew 7:12

**Love worketh no ill to his
neighbour: therefore love is the
fulfilling of the law.**

Romans 13:10

**But I say unto you, Love your
enemies, bless them that curse
you, do good to them that
hate you, and pray for them
which despitefully use you, and
persecute you.**

Matthew 5:44

**Let no corrupt communication
proceed out of your mouth, but
that which is good to the use of
edifying, that it may minister
grace unto the hearers.**

Ephesians 4:29

**There is that speaketh like the
piercings of a sword: but the
tongue of the wise is health.**

Proverbs 12:18

**Not rendering evil for evil,
or railing for railing: but
contrariwise blessing; knowing
that ye are thereunto called,
that ye should inherit a
blessing.**

1 Peter 3:9

**Put on therefore, as the elect
of God, holy and beloved,
bowels of mercies, kindness,
humbleness of mind,
meekness, longsuffering;
Forbearing one another, and
forgiving one another, if any
man have a quarrel against any:**

**even as Christ forgave you, so
also do ye. And above all these
things put on charity, which is
the bond of perfectness.**

Colossians 3:12-14

For all the law is fulfilled in one word, even in this; Thou shalt love thy neighbour as thyself.

Galatians 5:14

**And the second is like unto it,
Thou shalt love thy neighbour
as thyself.**

Matthew 22:39

**Speak not evil one of another,
brethren. He that speaketh evil
of his brother, and judgeth his
brother, speaketh evil of the
law, and judgeth the law: but if
thou judge the law, thou art not
a doer of the law, but a judge.**

James 4:11

Why do people hurt people?

AI Research

- 1. Insecurity:** People who feel insecure may hurt others to feel more powerful or to elevate their own self-esteem.

2. Fear: Fear of losing control, rejection, or change can lead individuals to hurt others as a defense mechanism.

3. Anger and Frustration:
**Unaddressed anger or
frustration can be projected
onto others through hurtful
words or actions.**

4. Lack of Empathy: When someone struggles to understand or share others' feelings, they may unintentionally hurt others without realizing it.

5. Desire for Control or Power:
Hurting others can be a way to dominate or manipulate to gain or maintain control.

6. Past Trauma or Abuse:
Individuals who have experienced trauma may hurt others as a manifestation of their own pain or as learned behavior.

7. Jealousy or Envy: Feelings of inadequacy or envy can lead to hurtful actions aimed at undermining others.

8. Cultural or Societal Norms:
Societies that endorse violence or discrimination can influence individuals to hurt others as a norm or expectation.

9. Lack of Self-awareness: People unaware of how their actions affect others may inadvertently cause pain through ignorance.

10. Mental Health Issues:
Conditions such as personality disorders or depression can sometimes lead to harmful behaviors toward others.

11. Desire for Attention or Validation: Sometimes, hurting others is a way to attract attention or seek validation, especially if feeling neglected.

12. Miscommunication or Misunderstanding: Poor communication can escalate conflicts, leading to hurt feelings or actions.

13. Revenge or Retribution:
**Seeking to retaliate for
perceived wrongs can lead
to hurtful actions aimed at
causing pain.**

14. Social or Peer Pressure:
Pressure from peers or social groups can compel individuals to act aggressively or hurt others.

15. Lack of Conflict Resolution Skills: Inability to handle conflicts constructively may result in aggressive or hurtful behavior.

16. Perceived Threats to Self-Identity: When someone's identity or beliefs are challenged, they may respond defensively by hurting others.

17. Materialism or Self-centeredness: Focusing solely on oneself can lead to neglecting others' feelings, resulting in hurtful behavior.

18. Environmental or Situational Stress: Stressful circumstances, such as financial hardship or job loss, can cause individuals to lash out.

19. Historical or Cultural Grievances: Long-standing conflicts or prejudices can perpetuate cycles of hurting others based on group identity.

20. Lack of Moral or Ethical Guidance: Absence of strong moral values or ethical upbringing can lead individuals to act harmfully without remorse.

Why do people hurt people?

(Part 2)

AI Research

- 1. Insecurity and Self-Defense:**
People often hurt others because they feel vulnerable or inadequate. By putting others down, they attempt to boost their own self-esteem or mask their insecurities. This can be a defensive mechanism to protect their fragile self-image.

2. Fear and Anxiety: Fear of losing something valuable—be it status, relationships, or control—can lead individuals to act aggressively. Sometimes, hurting others is a way to preempt perceived threats or assert dominance to alleviate their anxiety.

- 3. Unresolved Emotional Issues:**
People who haven't processed their own emotional pain or trauma may project that pain onto others. This transfer of hurt can manifest in abusive or hurtful behaviors, often unconsciously.

- 4. Lack of Empathy and Compassion:** Empathy is crucial for understanding others' feelings. When empathy is absent or underdeveloped, individuals may not realize the impact of their actions, leading to unintentional harm.

- 5. Desire for Control and Power**
Dynamics: Some individuals seek superiority or dominance, using hurtful behavior as a tool to control situations or people. This desire often stems from feelings of helplessness or past experiences of powerlessness.

6. Trauma and Learned Behaviors:
People who have experienced violence, neglect, or abuse may adopt similar behaviors, believing that hurting others is acceptable or the only way to cope with their own pain.

7. Jealousy and Envy: These emotions can distort perceptions and motivate harmful actions aimed at undermining others' successes or happiness, often stemming from feelings of inadequacy.

8. Societal Influences: Cultural norms, media, and societal structures can normalize violence or discrimination. Individuals internalize these messages, which can lead to hurtful behaviors that reflect societal biases.

- 9. Ignorance and Lack of Self-Awareness:** Sometimes, people hurt others simply because they are unaware of how their words or actions affect others. Increasing self-awareness can often reduce such unintentional harm.

10. Mental Health and Personality Disorders: Certain mental health conditions, such as narcissistic or antisocial personality disorders, may predispose individuals to hurt others intentionally or without remorse.

11. Seeking Validation: People who feel neglected or unappreciated may hurt others to gain attention or affirmation, sometimes at the expense of others' well-being.

12. Miscommunication and Misunderstanding: Many conflicts escalate because of misinterpretations. Clarifying intentions and improving communication skills can prevent hurtful misunderstandings.

13. **Revenge and Justice:** The desire to right a perceived wrong can sometimes lead to retaliatory actions that cause pain, perpetuating cycles of hurt and conflict.

14. Peer and Social Pressure:
Group dynamics can influence individuals to conform to harmful behaviors, especially if they fear rejection by their peers.

15. Lack of Conflict Resolution Skills: Without healthy coping mechanisms, people may resort to aggression or hurtful behavior during disagreements, instead of seeking constructive solutions.

16. Identity and Belief Challenges:
When deeply held beliefs or identities are threatened, individuals may respond defensively or aggressively to protect what they value.

17. Self-Centeredness and Materialism: A focus on personal gain without considering others' feelings can lead to neglectful or hurtful actions, especially when resources or attention are limited.

18. Environmental and Situational Stress: External pressures like poverty, discrimination, or personal crises can push individuals toward harmful behaviors as a way to cope or vent frustration.

19. Historical and Cultural Grievances: Long-standing conflicts, prejudices, or systemic inequalities can perpetuate cycles of hurt, often fueled by collective memory and group identity.

20. Absence of Moral and Ethical Framework: Lacking moral guidance can lead to impulsive or selfish actions that hurt others, highlighting the importance of values like empathy and respect.

**A scientific or medical
explanation of why people
enjoy hurting others**

AI Research

- 1. Psychopathy and Lack of Empathy:** Psychopaths often exhibit a diminished capacity for empathy, leading to a lack of remorse and an increased likelihood of enjoying harming others. This is associated with abnormalities in brain regions such as the amygdala and prefrontal cortex, which regulate emotional responses and moral judgment.

2. Sadistic Personality Disorder:
Individuals with sadistic tendencies derive pleasure from inflicting pain or suffering. This can be linked to neurological factors that heighten sensitivity to power and dominance, coupled with a lack of inhibitory control over aggressive impulses.

- 3. Dopaminergic Reward System**
Activation: Engaging in harmful behaviors can activate the brain's reward pathways, particularly involving dopamine. The release of dopamine provides a pleasurable sensation, reinforcing the behavior despite its harmful nature.

4. Aggression as a Response to Frustration or Threat:
Frustration-aggression hypothesis suggests that individuals may hurt others to release pent-up frustration or as a defensive response to perceived threats, which temporarily alleviates negative feelings.

5. Neurochemical Imbalances: Imbalances in neurotransmitters such as serotonin and dopamine can influence aggressive and impulsive behaviors. Low serotonin levels, for example, are linked to increased impulsivity and aggression, potentially leading to harmful actions.

6. Evolutionary Factors and Dominance: From an evolutionary perspective, aggressive behavior can be a strategy for establishing dominance or securing resources. Some individuals may find enjoyment in asserting control over others as a way to enhance their social status.

7. Trauma and Environmental Influences: Early exposure to violence or abuse can alter brain development, leading to desensitization to pain and a propensity to harm others. Such experiences can distort emotional regulation and moral judgment.

8. Psychological Disorders and Delusions: Certain mental health conditions, such as schizophrenia or delusional disorders, may involve distorted perceptions or beliefs that justify harmful actions, which individuals might enjoy or feel compelled to carry out.

- 9. Social and Cultural Norms:**
In some contexts, cultural or societal norms may valorize aggression or violence, leading individuals to derive a sense of identity, belonging, or pleasure from harming others within those frameworks.

10. Desensitization and Habitual Violence: Repeated exposure to violence can lead to emotional numbing or desensitization, making harm less morally or emotionally charged and potentially increasing enjoyment or acceptance of such behaviors.

**How do you stop hurting
others?**

AI Research

- 1. Practice Self-Awareness:**
Reflect on your behaviors,
triggers, and motivations.
Recognizing when you're about
to hurt someone is the first step
toward change.

2. Develop Empathy: Try to see situations from others' perspectives. Understanding their feelings helps reduce hurtful actions and fosters compassion.

3. Learn Healthy Communication Skills: Express your feelings and needs clearly and respectfully. Avoid aggressive language and listen actively to others.

4. Manage Anger and Frustration:
Use techniques such as deep breathing, meditation, or physical activity to control intense emotions before reacting.

5. Seek Therapy or Counseling:
Professional support can help uncover underlying issues, develop coping strategies, and address behavioral patterns.

6. Practice Forgiveness: Learn to forgive yourself and others. Holding onto resentment can perpetuate hurtful behaviors.

7. Set Boundaries: Establish healthy boundaries to protect your well-being and prevent overstepping others' limits.

8. Cultivate Self-Compassion:
Be kind to yourself. Healing inwardly reduces the need to hurt others as a way of coping with your own pain.

9. Identify and Address Underlying Issues: Work on unresolved trauma, insecurities, or mental health challenges that may drive harmful behaviors.

10. Engage in Mindfulness and Meditation: These practices increase present-moment awareness, helping you respond thoughtfully rather than impulsively.

11. Take Responsibility for Your Actions: Own your mistakes without blaming others, and actively work to make amends and change.

12. Develop Compassion and Kindness: Make a conscious effort to treat others with respect, patience, and understanding.

13. Practice Gratitude: Focus on positive aspects of life and relationships, reducing jealousy, envy, or resentment.

14. Learn Conflict Resolution
Skills: Handle disagreements constructively through negotiation, compromise, and seeking win-win solutions.

15. Surround Yourself with Supportive People: Build relationships with individuals who promote positivity, accountability, and growth.

16. Engage in Personal Growth
Activities: Read books, attend workshops, or participate in groups that promote emotional intelligence and self-improvement.

17. Avoid Toxic Influences:
**Distance yourself from
environments or relationships
that encourage hurtful behavior
or negativity.**

18. Practice Patience and Persistence: Change takes time. Be patient with yourself and stay committed to your healing journey.

19. Volunteer or Help Others: Acts of kindness can foster empathy, humility, and a sense of purpose, reducing harmful tendencies.

20. Develop Healthy Stress Management Techniques:
Exercise, hobbies, or relaxation methods help reduce stress that might lead to hurtful behaviors.

21. Use Affirmations and Positive Self-Talk: Reinforce your commitment to being kind and respectful through daily affirmations.

22. Create Accountability

Measures: Share your goals with trusted friends or mentors who can support and hold you accountable.

23. Practice Humility:
**Acknowledge your faults and
be open to feedback without
defensiveness.**

24. Focus on Personal Values: Align your actions with core values like respect, kindness, and integrity.

25. Seek Spiritual or Philosophical Guidance: For many, spiritual practices or philosophical reflections can provide deeper meaning and motivation for change.



IT SEEMS LIKE PEOPLE EVERYWHERE ENJOY HURTING OTHERS

FIND OUT WHY IN
THIS SUNDAY'S
MASTERMIND
CLASS AND
CLINIC!

108

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