



Hurt Feelings Report

For minor bruises to the ego, not actual workplace complaints.

Name attached to the bruised ego

Date of the incident

01 / TELL US WHAT HAPPENED

- | | |
|---|---|
| ☐ The apprentice was right. | ☐ My confident answer met actual evidence. |
| ☐ My "good enough" met a tape measure. | ☐ I explained it before reading the drawing. |
| ☐ My missing tool was in my own box. | ☐ My joke came back with improvements. |

Exact words that rearranged your confidence

02 / IMMEDIATE RESPONSE

- | | |
|--|--|
| ☐ I explained it again, but louder. | ☐ I said, "That is what I meant." |
| ☐ I blamed the previous shift. | ☐ I suddenly remembered another task. |

Nickname this event may produce

03 / REQUESTED RECOVERY PLAN

- | | |
|---|---|
| ☐ Coffee and a quiet minute. | ☐ One chance to check my answer first. |
| ☐ Let me be right about something small. | ☐ No action. Fair point. |

DEPARTMENT OF BRUISED EGOS

Your ego will recover. The nickname might stick.

For actual workplace concerns, use your real reporting process.