



Hurt Feelings Report

For bruised egos and confidence not supported by evidence.

Name attached to the bruised ego

Date reality got personal

01 / TELL US WHAT HAPPENED

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| ☐ The apprentice was right. In front of people. | ☐ Someone called bullshit. With evidence. |
| ☐ My "good enough" met a tape measure. | ☐ I gave a speech. The drawing disagreed. |
| ☐ My missing tool was in my own pocket. | ☐ My smartass comment came back loaded. |

Exact words that knocked your ego on its ass

02 / EMERGENCY EGO MANAGEMENT

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| ☐ I got loud instead of getting right. | ☐ "That is what I meant." It was not. |
| ☐ I blamed someone who was not here. | ☐ I suddenly needed to be elsewhere. |

Witness with the biggest mouth

03 / REQUESTED RECOVERY PLAN

- | | |
|--|---|
| ☐ Coffee. Black. Like my mood. | ☐ A witness protection program. |
| ☐ Five minutes to get my shit together. | ☐ No action. I walked into that one. |

DEPARTMENT OF BRUISED EGOS

Your ego will recover. The nickname might stick.

For actual workplace concerns, use your real reporting process.