



TITLE: UNDERSTANDING HARM,  
HURT, DAMAGE, INJURE, BREAK

---

Words often confused

# H A R M

- Noun, Verb
- Definition: Physical or mental damage that impairs normal functioning
- Examples: Emotional harm, reputational harm, psychological harm, physical harm
- Translation: mein, skaði, tjón; særa, meiða, skaða



# HURT

- Verb, Noun
- Definition: Physical or emotional pain or injury
- Examples: Hurt feelings, physical injuries, emotional distress
- Translation: særa, meiða; sár, meiðsli



# DAMAGE

- Noun, Verb
- Definition: The negative impact on the overall condition or value of something
- Examples: Property damage, environmental damage, reputational damage
- Translation: tjón, skemmdir, miski; skaða, skemma, valda tjóni á



# INJURE

- Verb
- Definition: To cause physical harm or damage to a person or thing
- Examples: Injured body parts, injuries in sports, injuring someone's reputation
- Translation: særa, slasa; skaða, skemma



# BREAK

- Verb
- Definition: To separate into parts or pieces, causing damage or dysfunction
- Examples: Breaking a bone, breaking a promise, breaking a tool
- Translation: brjóta, brotna; skemma, eyðileggja, bila

