



Type 1 – EXAMPLE HARM FORM



Who I Harmed	What I Did	How I Harmed Them (or Myself)	What I Should Have Done Instead
My spouse	Criticized them for not doing things "the right way."	Made them feel inadequate and distant from me.	Appreciated their efforts and communicated kindly.
My child	Pushed them to achieve perfection in school or activities.	Made them feel pressured and disconnected.	Encouraged them without imposing my expectations.
A friend	Judged their decisions because I felt they weren't "right."	Damaged trust and strained the relationship.	Accepted their choices and supported them.
My parent	Held them to unrealistic moral or behavioral standards.	Created tension and emotional distance.	Offered grace and understanding.
A co-worker	Criticized their work for not meeting my standards.	Made them feel unappreciated and unmotivated.	Collaborated with patience and encouragement.
Myself	Overworked myself trying to achieve perfection.	Led to burnout, stress, and emotional eating.	Allowed myself to rest and accept imperfections.
My sibling	Judged their life choices instead of supporting them.	Created distance and hurt feelings.	Respected their autonomy and offered love.
My recovery group	Pushed others to follow the program perfectly.	Made them feel judged and unsupported.	Encouraged progress, not perfection.
My community	Focused on fixing problems instead of connecting with people.	Missed opportunities to build meaningful relationships.	Balanced efforts to improve with genuine connection.