



Type 2 – EXAMPLE HARM FORM



Who I Harmed	What I Did	How I Harmed Them (or Myself)	What I Should Have Done Instead
My spouse	Overextended myself to meet their needs without expressing my own.	Made them feel guilty and distanced; neglected my self-care.	Communicated my needs and set boundaries.
My child	Did too much for them, making them dependent on me.	Enabled their lack of independence, causing resentment.	Allowed them to take responsibility and experience consequences.
A close friend	Tried to “fix” all their problems without being asked.	Made them feel overwhelmed and pushed them away emotionally.	Waited to be asked and respected their autonomy.
My parent	Gave too much in hopes of earning their approval.	Reinforced unhealthy dynamics, harming my self-esteem.	Accepted that their approval isn’t necessary for my worth.
A recovery group member	Pushed advice and emotional support on them when they didn’t ask.	Created dependency and resentment, harming the relationship.	Allowed them to come to me for help if and when needed.
My sibling	Took over family responsibilities without asking for help.	Built resentment, feeling unsupported and drained.	Asked for help and shared responsibilities equally.
A co-worker	Took on too much work to prove my value, then resented them.	Created a one-sided dynamic where I felt overburdened and unappreciated.	Set boundaries around my work and communicated my needs.
My friend	Over-gave emotionally, expecting love and validation in return.	Made the relationship feel one-sided, leading to burnout.	Maintained balance by giving less and expecting nothing in return.
Myself	Ignored my needs, overeating to cope with the stress of helping others.	Led to emotional and physical harm through neglect and overeating.	Prioritized self-care, setting limits on my time and energy.