



Type 3 – EXAMPLE HARM FORM



Who I Harmed	What I Did	How I Harmed Them (or Myself)	What I Should Have Done Instead
My partner	Prioritized work over spending quality time with them.	Made them feel unimportant and disconnected.	Balanced work and personal life to nurture our relationship.
My child	Focused more on their achievements than their emotional needs.	Made them feel pressured and unseen.	Celebrated their efforts and emotions, not just outcomes.
A friend	Competed with them instead of supporting them.	Created tension and hurt trust in our friendship.	Cheered them on without comparing myself.
My parent	Strived for their approval by achieving more, but neglected honest connection.	Felt distant and misunderstood in our relationship.	Focused on building an authentic relationship instead of seeking validation.
A coworker	Took credit for a project to enhance my image.	Made them feel undervalued and betrayed.	Shared credit and acknowledged their contributions.
Myself	Ignored my emotional needs to maintain a polished image.	Felt burned out and disconnected from my true self.	Allowed myself to rest and show vulnerability.
A sibling	Dismissed their accomplishments because I felt competitive.	Harmed our relationship with jealousy and comparison.	Celebrated their successes without comparing myself.
My recovery group	Focused more on looking good in the group than being authentic.	Missed opportunities for genuine connection and growth.	Shared honestly and vulnerably, regardless of how I appeared.
My team	Pushed them too hard to meet high standards.	Created resentment and stress in the team dynamic.	Encouraged collaboration and balanced expectations.