



## Type 4 – EXAMPLE HARM FORM



Who I Harmed	What I Did	How I Harmed Them (or Myself)	What I Should Have Done Instead
My partner	Focused on my own feelings instead of listening to theirs.	Made them feel ignored and unimportant.	Balanced my emotions with empathy for theirs.
A friend	Withdrew when I felt envious of their success.	Hurt our friendship by creating distance.	Celebrated their success and focused on gratitude.
My parent	Criticized them for not understanding me growing up.	Created tension and unresolved conflict.	Accepted their limitations and sought healing.
A coworker	Dismissed their accomplishments out of envy.	Damaged collaboration and trust at work.	Encouraged their growth and valued our teamwork.
Myself	Focused on what I lack instead of my strengths.	Created self-doubt and emotional pain.	Practiced self-compassion and celebrated my unique journey.
A sibling	Criticized their choices to feel superior.	Hurt our relationship and caused resentment.	Respected their path and showed kindness.
My recovery group	Stayed silent instead of sharing my insights.	Missed opportunities to connect and support others.	Shared honestly and trusted God to guide me.
A mentor	Dismissed their advice because I wanted to feel independent.	Harmed the relationship and lost valuable guidance.	Appreciated their wisdom and shared my concerns openly.
My community	Focused on what I felt was missing instead of contributing meaningfully.	Created distance and missed opportunities for connection.	Engaged fully and trusted my contributions mattered.