



Type 5 – EXAMPLE HARM FORM



Who I Harmed	What I Did	How I Harmed Them (or Myself)	What I Should Have Done Instead
My partner	Withdrew emotionally when they needed support.	Made them feel unloved and disconnected.	Engaged with empathy and offered reassurance.
My child	Refused to share my time or energy when they wanted connection.	Made them feel unimportant or rejected.	Dedicated time to connect and support them emotionally.
A friend	Withheld emotional support when they were struggling.	Left them feeling isolated and unsupported.	Listened and offered compassion without fear of depletion.
My parent	Kept my distance to avoid their emotional needs.	Created tension and emotional distance in our relationship.	Set boundaries while staying engaged and present.
A coworker	Refused to collaborate because I wanted to work independently.	Made them feel unsupported and disconnected.	Collaborated with openness and generosity.
My recovery group	Withheld my insights or experiences to avoid sharing too much.	Missed opportunities to contribute and connect with others.	Shared honestly and trusted God to guide my words.
A sibling	Refused to help them when they asked for support.	Harmed our relationship and created resentment.	Offered help without fear of being overwhelmed.
Myself	Isolated to avoid emotional demands from others.	Felt lonely, disconnected, and unfulfilled.	Reached out for connection and support when needed.
My team	Withdrew from collaboration to conserve my energy.	Created resentment and tension in the team dynamic.	Balanced collaboration with clear boundaries.