



Type 6 – EXAMPLE HARM FORM



Who I Harmed	What I Did	How I Harmed Them (or Myself)	What I Should Have Done Instead
My partner	Questioned their loyalty and sought constant reassurance.	Made them feel distrusted and drained.	Trusted in their commitment and expressed gratitude instead.
My coworker	Doubted their abilities and resisted their decisions.	Created tension and undermined collaboration.	Addressed concerns respectfully and trusted their judgment.
My friend	Withdrew when I felt unsupported, rather than communicating.	Made them feel abandoned and unimportant.	Shared my feelings openly instead of assuming they wouldn't understand.
My family	Relied too heavily on their support for decision-making.	Overwhelmed them, causing frustration and resentment.	Trusted my own judgment and thanked them for their help.
A mentor	Questioned their advice out of mistrust.	Undermined their guidance and hurt the relationship.	Accepted their guidance while sharing my concerns calmly.
My therapist	Avoided being vulnerable because I didn't trust their approach.	Limited the effectiveness of therapy and created distance.	Trusted their expertise and shared my concerns.
Myself	Let fear paralyze me from taking opportunities.	Limited my growth and created self-doubt.	Took action despite fear, trusting God's guidance.
My sibling	Pulled away in times of conflict instead of addressing it.	Made them feel isolated and confused.	Communicated calmly and directly about my concerns.
A team member	Micromanaged tasks, fearing they'd fail.	Made them feel untrusted and undervalued.	Delegated tasks with trust and supported as needed.