



Type 7 – 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 plans and fun activities instead of their needs.	Made them feel unimportant and disconnected.	Balanced my desires with empathy and consideration for them.
A friend	Overcommitted to plans and didn't follow through.	Hurt their trust and damaged the friendship.	Honored my commitments and communicated honestly.
My coworker	Procrastinated on shared tasks, causing delays.	Created stress and frustration in the team.	Completed tasks responsibly and on time.
My parents	Dismissed their concerns about my impulsive decisions.	Created tension and a sense of disconnection.	Listened with respect and balanced their input with my goals.
A recovery group member	Minimized serious issues by focusing on superficial solutions.	Missed opportunities for deeper connection and support.	Engaged authentically and supported them with empathy.
Myself	Ignored my emotional needs by focusing on distractions.	Created stress and emotional stagnation.	Faced my feelings with courage and sought God's guidance.
My sibling	Didn't show up for them during a difficult time.	Made them feel unsupported and hurt.	Prioritized their needs and offered my presence.
My community	Avoided committing to meaningful contributions.	Missed opportunities to connect and make a difference.	Engaged with intention and consistency.
My partner	Used charm to avoid serious discussions or accountability.	Created mistrust and emotional distance.	Addressed issues honestly and openly with them.