



Type 8 – EXAMPLE HARM FORM



Who I Harmed	What I Did	How I Harmed Them (or Myself)	What I Should Have Done Instead
My partner	Reacted with anger when I felt disrespected.	Created fear and distance in our relationship.	Expressed my feelings calmly and listened to theirs.
A coworker	Micromanaged their work, doubting their abilities.	Hurt their confidence and damaged trust.	Delegated with trust and provided support as needed.
My parent	Avoided showing vulnerability, even when I needed help.	Created emotional distance and unresolved pain.	Shared my feelings and allowed them to support me.
A friend	Pushed them away when I felt they let me down.	Harmed our friendship and left unresolved issues.	Communicated my feelings openly instead of withdrawing.
My sibling	Dismissed their opinions to assert my authority.	Hurt their feelings and created resentment.	Respected their input and sought common ground.
My recovery group	Used intensity to dominate discussions.	Created tension and hindered group connection.	Listened more and allowed others to share equally.
Myself	Overworked to avoid asking for help.	Caused stress and burnout.	Trusted God and others to share the burden.
My community	Resisted authority, creating conflict in group settings.	Damaged relationships and limited collaboration.	Approached authority with respect and openness.
My partner	Withheld vulnerability to maintain control.	Created emotional distance and frustration.	Opened up and shared feelings honestly.