



## Type 9 – EXAMPLE HARM FORM



Who I Harmed	What I Did	How It Harmed Them (or Myself)	What I Should Have Done Instead
My partner	Avoided discussing our issues and didn't address their concerns.	They felt neglected, unheard, and frustrated.	Engaged in honest conversations and shared my feelings.
My friend	Didn't express my true feelings when I felt hurt or excluded.	They felt disconnected and confused.	Communicated openly and expressed my needs.
My family	Avoided family disagreements and didn't take a stand.	They felt I was disengaged and unhelpful.	Asserted my perspective calmly and constructively.
My coworker	Failed to speak up about work issues or challenges.	They felt unsupported and frustrated.	Addressed issues directly and communicated openly.
My neighbor	Ignored problems with shared responsibilities.	They felt burdened and frustrated.	Proactively discussed solutions and took responsibility.
A community group	Didn't participate fully or share my views.	They missed out on my contributions and felt unsupported.	Shared my thoughts and actively engaged in the group.
A service provider	Failed to communicate dissatisfaction or needs clearly.	They felt unable to meet my expectations.	Expressed my concerns directly and respectfully.
Myself	Neglected self-care to focus on keeping others happy.	I felt burned out and disconnected from myself.	Prioritized my own well-being and communicated boundaries.
A group project partner	Let others take charge and didn't contribute fully.	They felt frustrated by my lack of involvement.	Actively participated and shared my ideas.