Harm Assessment Difficulties

Resentment & Harm

Step-Working Guide · The Recovery Files

In this workbook

1. **Harm Assessment Difficulties** — key ideas, worksheet

Each topic's scored self-assessment and mind map are in the app.

© The Recovery Files

TOPIC

Harm Assessment Difficulties

KEY IDEAS

Harm Assessment Difficulties

First, Do No Harm

Determining when amends might cause more harm is complex. We often struggle to distinguish between genuine concern for others and our own fear-based avoidance.

The Dilemma

To Speak or Not to Speak

Direct amends can sometimes re-open wounds, involve third parties, or cause new emotional distress. The challenge is balancing the need for repair with the safety of all involved.

Self-Serving Avoidance

Hiding Behind 'Harm'

A common trap is convincing ourselves that an amend would be harmful when we are actually just afraid of the conversation. Authentic honesty is required to know the difference.

Self-Serving Completion

Clearing the Slate at Their Expense

Conversely, we might rush to make an amend to relieve our own guilt, ignoring the timing or readiness of the other person, which causes further harm.

Consultation is Key

Don't Decide Alone

Because our judgment is often clouded by fear or guilt, consulting with a sponsor or trusted advisor is essential for accurate harm assessment.

Living Amends

Indirect Repair

When direct amends are truly harmful, we find ways to make living amends—changing our behavior and contributing to the well-being of others without direct contact.

© The Recovery Files

WORKSHEET

Harm Assessment Worksheet

EVALUATION

Evaluating Potential Harm

Direct Harm

Situations where my contact might be unwanted or triggering:

Third-Party Harm

Situations where amends might hurt someone else (e.g., exposing an affair):

Self-Harm

Situations that might endanger my safety or sobriety:

REFLECTION

Distinguishing Motives

Where might I be using "harm" as an excuse to avoid a difficult conversation?

Where might I be rushing an amend to feel better, ignoring potential harm?

PLAN

© The Recovery Files

Action Plan

Specific situation to consult on:

Advisor/Sponsor feedback:

Modified Approach (if direct amends are harmful):

© The Recovery Files