

## WHEN I HAVE BEEN HARMED:

- What happened and how was I impacted?
- What was the most difficult and what do I need to heal?
- Who else was involved?
- How were they impacted and what might they need?
- What larger systems/structures contributed here?
- What process might lead to making things right?



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## WHEN I HAVE CAUSED HARM:

- What happened, who was involved, and how were others impacted by it?
- What may have contributed to my actions?
- What do I need so that this does not happen again?
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