

HARMFUL EFFECTS

Worksheet 4:

“Healing the Wounds”

Compassion, Recovery, and Awareness

Objective: Discuss the balance of accountability and compassion when mental illness leads to harm.

Story Focus: Terry’s arrest, past, and institutionalization

1. Reflection Questions:

- What does Terry’s final breakdown reveal about her inner world?
- How does untreated trauma from childhood sometimes resurface later in life?
- Can institutions like asylums be both protective and isolating?
- What do you think Terry might have needed earlier in life to avoid this outcome?
- In what ways does this story challenge how we view “villains” in real life?

2. Group Discussion:

- How do we balance empathy for someone’s mental health struggles with the need for accountability?
- How can society support both victims and those suffering from untreated mental illness?
- Why is early mental health education and intervention important?
- What kinds of changes could help reduce long-term suffering like Terry’s in our communities today?

3. Write It Out (Optional):

- Imagine you’re Terry’s therapist. What is the first thing you would say to her? What goals would you work on together?