

# HARMFUL

## Worksheet 2:

### “The Silent Saboteur”

#### When Mental Health Affects Relationships

**Objective:** Examine how untreated mental illness can manifest in harmful behaviors toward others.

**Story Focus:** Terry’s manipulation and deepening involvement in the Martins’ life

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#### **1. Reflection Questions:**

- Why do you think Terry focused so much on Claire?
- What do you think Terry was really trying to find or gain from her actions?
- Can someone be both a victim of mental illness and still responsible for their harmful choices?
- Have you ever seen or experienced a situation where someone’s pain turned into harmful behavior toward others? What happened?
- How might Terry’s need for control be connected to her untreated mental health struggles?

#### **2. Group Discussion:**

- What’s the difference between seeking connection and manipulating someone?
- How might boundaries and mental health awareness have helped in this situation?
- What kinds of boundaries do you think Claire and Daniel could have set early on to protect their family?
- How can we support someone with mental health challenges without compromising our own well-being or safety?

#### **3. Write It Out (Optional):**

- Imagine you’re Claire journaling about Terry. Describe how you’d feel and what you’d want to understand about her behavior.