

Self-Harm Assessment

Suicidal Ideation

When you self-harm, do you ever think about purposefully ending your life? _____

Onset, Frequency, and Methods

When was the first time you self-harmed? _____

When was the most recent time? _____

How many times per week or month do you self-harm? _____

How do you typically self-harm? _____

Do you self-harm more, or more severely, than when you started? _____

Self-Harm Assessment

Aftercare

How do you take care of your injuries afterward? _____

Have you ever hurt yourself so badly that you needed medical attention, even if you didn't get it?

Reasons

What are your reasons for self-harming? _____

Stage of Change

How motivated are you to stop self-harming? _____

What would help you stop self-harming? _____
