

SELF INJURY WORKSHEET

TRIGGER WARNING - This worksheet contains content on self-injure. If you may be triggered to self-injure, do not do this worksheet alone. Please stay safe.

What is self-Injury? Non-suicidal self-injury is defined as intentional infliction of harm to ones own body. Self-injury is not meant to be a suicide attempt and does not include tattoos or piercings unless the purpose of the tattoo or piercing is solely to inflict pain. Self-injury is a very **complex** issue, as many individuals who self-harm use it as a coping mechanism for seemingly unmanageable feelings.

Part 1: Describing and exploring your self-injury

Use this space to describe what your self-harm looks like. What materials do you use? How often does it occur?

What are the emotions and events that lead you to engage in self-injury? What triggers your urge to self-injure?

How do you feel during and after the self-harm behavior?

Part 2: Questioning and challenging your self-injury

What role does self-injury play in your life? How has it affected different areas of your life (e.g. relationships, hobbies, school).

What are some things self-injury has kept you from experiencing?

What are some positive outcomes that recovering from self-injury might bring? How might recovery positively impact your life?

Part 3: Coping and safety planning

Think back to part one when you talked about what emotions and events might trigger the urge to self-harm. What are some things you can do to prepare yourself (cope ahead) for those situations. Is there a way to avoid them?

When you get the urge to self harm, is there anyone you can rely on to call and support you in that moment and help keep you safe? Use this space to think about who you could talk to about being a go-to safety person. This could be a family member, therapist, or anyone who you trust.

What are some alternative coping mechanisms (besides self-injury) that have worked for you in the past? What are some that you would be willing to try?