Self-Harm Worksheet

Name: _____ **Date:** _____ dd / mm / yyyy

Instruction: Understand your self-harm behaviors, identify triggers, and explore healthier coping strategies. Take your time answering each section honestly. Use this worksheet with care. Thinking or writing about self-harm can be triggering, so seek support while completing it.

I. UNDERSTANDING SELF-HARM AND YOUR TRIGGERS

Self-harm can take many forms, such as cutting, hitting, or other behaviors that intentionally cause pain. Recognizing the types of self-harm you engage in is an important step toward understanding your coping patterns. When you explore your triggers and feelings, you can begin to replace harmful behaviors with safer and healthier strategies. Awareness helps you break the cycle of harm and choose healing instead.

Checklist: Which self-harm behaviors have you observed in yourself?

- [ ] Cutting or scratching the skin
- [ ] Hitting, punching, or banging body parts
- [ ] Burning the skin (e.g., with a lighter or hot object)
- [ ] Hair pulling
- [ ] Picking at wounds or skin
- [ ] Ingesting harmful substances or objects
- [ ] Starving or bingeing as self-punishment

1. What thoughts or emotions usually lead you to consider self-harming?

2. What situations, people, or feelings often trigger self-harm urges? List 3:

3. What early signs or feelings warn you that you may be close to self-harming?

II. HEALTHY COPING STRATEGIES

Healthy coping strategies give you safer ways to express or release difficult emotions. These may include creative activities, movement, mindfulness, or talking to someone who listens. It may take time to discover which techniques work best for you, but building a personal toolkit can help you feel more in control. Every time you choose a healthy coping skill, you strengthen your ability to heal.

1. Write down 3 healthy coping strategies you could try instead of self-harming:

2. Which of these strategies feels most realistic for you to try today?

III. SELF-COMPASSION AND POSITIVE AFFIRMATIONS

Self-compassion is about giving yourself the kindness and care you deserve. It means replacing harsh self-criticism with gentle, understanding words. Positive affirmations help reframe your thinking, reminding you of your worth and resilience. Practicing self-compassion, even in small ways, can reduce the urge to self-harm.

1. Write one kind or encouraging sentence to yourself:

2. List 3 things you like or appreciate about yourself:

IV. SUPPORT AND SAFETY PLANNING

When urges to self-harm feel overwhelming, a safety plan can help guide you to safety. Having trusted people to call or calming activities to turn to can make all the difference. Asking for help is a brave and powerful step. Knowing you have support in place can make difficult moments more manageable.

1. Who can you talk to when you feel the urge to self-harm?

2. What can you do first when you notice an urge (before it gets too strong)?

3. Emergency contacts (hotline, therapist, or trusted adult):