

Self-Harm Diary Template

This resource is a guide to help you identify your reasons for Self-Harming and identifying alternative.

It can help to keep a diary after each time you Self-Harm. This will allow you to look back and reflect on why you Self-Harm and what you get out of it and can help you to identify alternative coping methods.

After Self-Harming complete the following sentences by answering the questions below:

I decided to Self-Harmed because...

Think about how were you feeling before you Self-Harmed. What were you doing or what was happening when you were feeling this way? What thoughts were in your head before you Self-Harmed?

After I Self-Harmed...

Think about how did you felt after you Self-Harmed. Can you think of a positive feeling? Can you think of a negative feeling? What thoughts were in your head after you Self-Harmed?

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Self-Harm helped me to cope by...

Think about the effect that Self-Harming had. How do your feelings after you Self-Harmed compare to how you felt before?

What did you achieve by Self-Harming?

Were there any good outcomes to you Self-Harming? What were they?

Were there any negative outcomes to you Self-Harming? What were they?

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Once you have kept a diary for a few weeks you may be able to look back on your entries and identify any patterns with your Self-Harming. Identifying patterns can help you to better understand your behaviour. Use your previous diary entries to answer the following questions.

What I don't like about Self-Harm is...

Think about what negative feelings Self-Harm gives you. Do you have any negative thoughts after you Self-Harm?

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What I like about Self-Harm is...

Think about the positive feelings Self-Harm gives you. What does it help you achieve?

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Is there an alternative?

Can you think of any alternatives to things you can do when you feel like Self-Harming, write down as many as you can think of. You may want to look at our Self-Care section for inspiration.

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Now look at your list of alternatives and ask whether any of your suggestions might give you the positives that Self-Harming did without the negatives?

Choose one of your alternatives and when you feel like Self-Harming use your alternative coping method. Keep a diary like the one used for Self-Harming. You can then compare how your new coping method made you feel over time and how useful you found it with Self-Harming. If your new coping method doesn't work, try another from your list.

Remember that you can visit www.rapecrisis.org.uk to access confidential online support and find details of your local Rape Crisis Centre. Alternatively you can call the national Rape Crisis helpline (run by our member centre Rape Crisis South London) on **0808 802 9999** between 12 noon – 2:30 pm and 7 – 9:30 every day of the year for confidential support and/or information about your nearest service.