Mapping self-harm and learning to manage it

Battle Scars

Trigger

Urges

Distractions

USE EARLY Includes reaching out and talking to someone you trust.

Link to How to avoid, delay or reduce self-harm

Identify & analyse trigger

Link to Trigger Log resource

Ask yourself:

Can I deal with this trigger? Can I ignore this trigger? Is it worth self-harming over? Will self-harm truly help?

Try different distractions if your usual ones are not that effective. Elastic bands and ice cubes reinforce the message that physical pain is the solution to emotional distress and we advise against using them. Only use ice cubes as a last resort.

Match up what distractions work when, for what trigger, for which emotion and keep that list visible or to hand.

Link to distractions table resources

Learn when the urges are beyond control and if you're going to self-harm do so at an earlier stage when you still have better control. Practice safe self-harm. **There is no safe self-harm with overdosing and self-poisoning.**

Self-harm

Self-care

Look after your injuries and do not let the guilt feed the cycle.

Identify your emotions and try to see the full picture.

Link to Before/ During/After resource

Ask yourself:

Can I avoid this trigger in the future? How can I deal with it without self-harming?

If you haven't already, **identify and analyse** the trigger.

Link to Trigger Log resource

Keep making the self-harm cycle bigger. Accept where you are right now, you did what you felt you had to do, keep moving forward and work on your triggers, on building a solid support network and on trying to work on the root.

Root cause

Needs to be dealt with, resolved, accepted, come to terms with, but often it's easier to focus on the self-harm and avoid working on the root. Managing the self-harm makes us stronger, more aware and better able to look deeper.

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