

To count or not to count??

Some people like to know how long they've gone between self-harm episodes. Some use apps that count months, weeks, days, hours and even minutes (nobody needs to know how many minutes they haven't self-harmed for!) Every time self-harm occurs, this app needs to be reset, any counting goes back to zero. This can be **demoralising** and make the person feel like a failure. We don't think it's a good idea. But **how can one view their achievements without counting the gaps in between?**

ALTERNATIVE TO COUNTING

You'll need a jar or box and uncooked pasta shapes, buttons or similar (make sure you have plenty)

Every day you do **not** self-harm put 2 of the above in your jar/box. Putting 2 for each day makes counting them difficult pretty quickly. At the end of the month enjoy the visual representation of your achievements. Take a picture, empty it and start again for the next month.

This way you can see how **WELL** you're doing instead of going back to square one if you had a bad day. Celebrate the days you managed not to self-harm instead of focusing on the few days you did self-harm.

