

Self-Harm Safety Plan

Self-Harm

It's important to remember that self-harm, like meditation or exercise, is a coping method – a way for people to cope with a larger issue, release deep emotions, and eventually discover a way to continue on with their lives in the face of immense distress. When you feel like you're a risk to yourself, a self-harm safety plan could help protect you from harm you might inflict.

Safety Plan

Understanding the relationship between how you feel – angry, sad, worried, numb – and the coping mechanisms you use is important to develop a plan that works for you. When we adopt coping methods based on how we are feeling at the time, we may help those strategies work more efficiently and introduce healthy alternatives to self-harm.

What triggers me when I feel like self-harming?

What happens to my body when I feel like self-harming?

People I can talk to when I feel like this:

What would calm me down right now?

What coping strategies could I use?

What could I do to keep myself safe right now?

What is one thing important to me and worth living for right now?

What positive affirmations could I say to myself?

If my best friend was feeling like this, what would I say to them?

Make a list of things that could distract me or make me feel better.
