

# Self-Harm Continuum Worksheet

## Personal Details

Full Name:

Date:

Age:

Contact Number:

Email Address:

## Objective

To understand and categorize self-harming behaviors based on their severity and frequency, and to identify potential triggers and coping strategies.

## Instructions

1. Review the continuum of self-harming behaviors listed below.
2. Mark the behaviors you've engaged in, noting the frequency and triggers.
3. Reflect on healthier coping strategies you can employ instead.

## Self-Harm Continuum

Behavior	Frequency (Daily, Weekly, Monthly, Rarely, Never)	Triggers	Alternative Coping Strategies
Minor scratching or biting			
Carving words or symbols on the skin			
Burning with cigarettes or matches			
Cutting with sharp objects			
Punching or hitting oneself			
Interfering with wound healing			

Hair pulling (Trichotillomania)			
Severe self-beating			
Bone breaking			
Swallowing harmful substances or objects			

### Reflections

1. **Most frequent self-harming behavior:**
2. **Most common trigger:**
3. **Alternative coping strategy I'd like to try:**

### Notes/Additional Observations

### Declaration

I understand that this worksheet is a tool for self-reflection and is not a substitute for professional advice or treatment. If I am in crisis or need immediate help, I will seek emergency services or contact a mental health professional.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Disclaimer:** This worksheet is intended for self-reflection and understanding. It is crucial to consult with a mental health professional if you or someone you know is struggling with self-harm or suicidal thoughts. If you're in crisis or need immediate help, please seek emergency services in your area or consult a trusted individual in your life.