

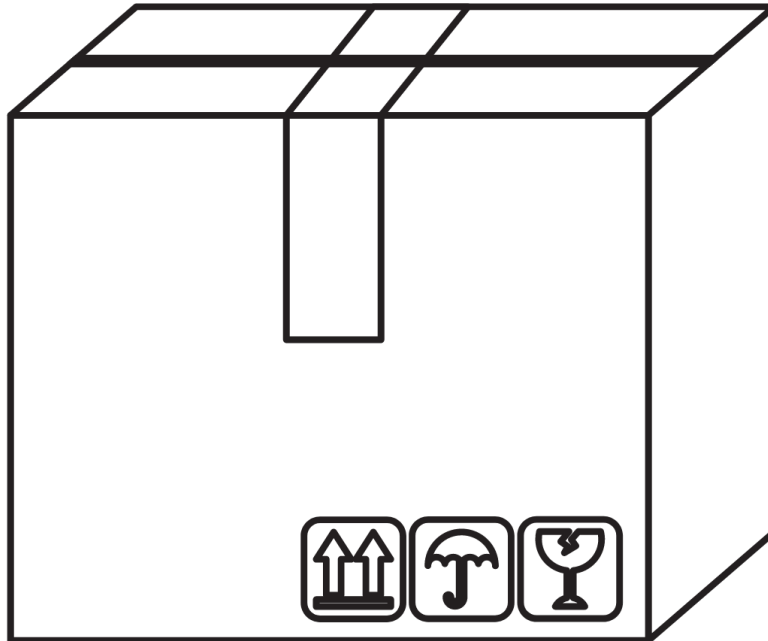
# Self-soothe Box Self-harm Worksheet

Full Name: \_\_\_\_\_ Date Submitted: \_\_\_\_\_

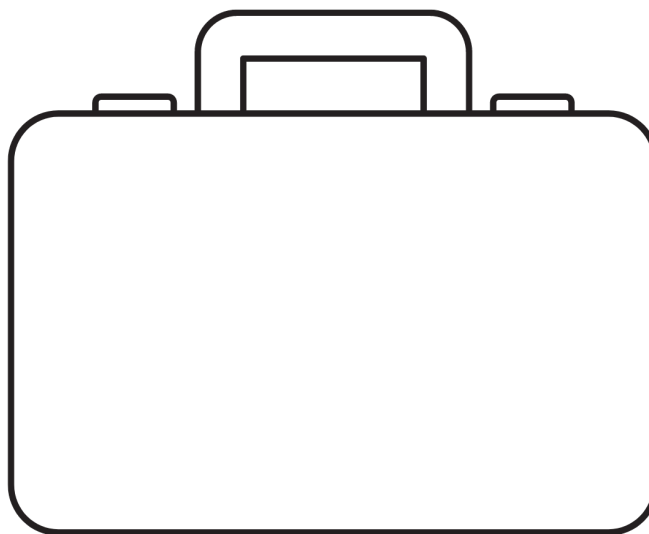
**Instructions:** There are two empty boxes. Please fill out each one with a list of objects and activities that can help you practice self-soothing whenever you start having thoughts and urges of self-harm. The big box is for your home life, and the small box is for when you are outside your home.

After filling these boxes out, make sure to fill actual boxes with the things you've listed so you can turn to them whenever such thoughts and urges well up in you.

## BOX 1: FOR YOUR HOME LIFE



## BOX 2: FOR OUTSIDE YOUR HOME



Adapted from the version by the Cardiff and Vale University Health Board Resilience Project. This is for clinical or personal use only.