

What else can I do?

Here are some suggestions of other things you can do rather than harming yourself. Read them through and tick the ones that you have tried and work, or would like to try...

Use a red, water-soluble pen to mark the skin instead of cutting

Make lots of noise! Scream, shout, bang a drum or pots and pans
or cry

Write your negative thoughts on a piece of paper and put it in a safe place or rip it up

Write your thoughts and feelings in a diary

Give yourself permission not to injure yourself

Scribble on a big piece of paper with a red pen

Hold a chunk of ice against your skin. Or stick your hands in a sink filled with ice water

Put an elastic band around your wrist and flick it against your skin

Look at a picture of a previous cut

Be aware of your surroundings-go through all 5 senses

Eat something hot or strongly flavoured

Concentrate on your breathing. Use deep, cleansing, relaxing breaths

Call a friend

Watch a DVD

Stay in a public place/with other people

Watch a funny movie

Massage the area you want to hurt

Take a warm bubble bath or shower.
OR take a cold shower.

Look at photos/pictures

Throw
beanbags/clothes

Read a book

Scream into a pillow

Exercise

Build something with
blocks or Lego and
knock it down

**Colour in a colouring
book**

Write on a piece of paper that you want
to hurt yourself and put it in a drawer.
Leave the room and do something else
for 5 mins before coming back. Then if
you still want to harm yourself, do it

Play an instrument

Remind yourself that there are other
ways to express and cope with
overwhelming feelings

Create and go to a safe/no injury place in
your house/in your mind

Rate your feeling on the feeling
thermometer. Set your clock for 15 mins
and at the end of this time re-rate - see if
you still want to hurt yourself

Give yourself permission
NOT to think of the
memory right now

Pet an animal

Push against a wall

Ask your therapist to make a
recording with you that you can use
during difficult times

Take your
pulse

Clean up your room/change your room
around

**Go for a walk in a familiar place or
go for a brisk run**