

TELLING YOUR PARENTS THAT YOU HURT YOURSELF

Directions

If you are hurting yourself in any way you are probably keeping it a secret. Telling people about your secret is an important step in feeling better. The form below is designed to help you write a letter to your parents about our self-injury. Fill in the blank spaces to help you think about what you want to say and how you want your parents to help.

Dear _____

I don't want you to freak about what I'm going to tell you, but I need your help. If you freak out, you won't be able to give me the help that I need.

I want to tell you a secret that I've had for _____.

Sometimes when I feel _____ I hurt myself.
I hurt myself by

_____.

I know that it's hard to understand, but when I do this I feel _____.

There is nothing that you have to do right now. I just want to talk to you, and I want you to know that I need your help. The best thing you can do to help me right now is to _____.

I also want you to understand that self-injury is a problem that will need your patience.

Thanks for helping me.

Signed,
