

Avoiding Things You Can Use To Hurt Yourself

When you want to change a habit, it is common sense to avoid things that might tempt you. For example, if you are trying to stop smoking you wouldn't carry cigarettes around. If you want to lose weight, then you wouldn't go to fast food restaurants. If you want to stop hurting yourself, you'll want to avoid being around objects you have used to hurt yourself in the past.

Of course it is impossible to stay away from everything you might use to hurt yourself, but most people who self-injure use the same objects over and over again, so you can certainly make an effort to stay away from objects you have used before. Use the chart below to make a list of things you have used to self-injure or have thought of using. Write down where they are now and where you can put them to make them harder to use on an impulse. Share this worksheet with someone who is supporting your efforts to stop hurting yourself.

Object You Use to Hurt Yourself	Where they Are Now	Where You Can Put Them