



## CBT Worksheet for Self Harm

**Understanding your Self Harm:** Have an understanding of why are you doing self-harm. What are the thoughts you have when you harm yourself?

---

---

What are the factors you think are the reason that you started Self Harm?

---

---

What triggers you to do Self-harm?

---

---

Do you want this habit to go away? If yes then how do you resist?

---

---

**Make personalized Self Harm Coping plan:** Make a customized Self Harm coping plan for you that helps you to divert your self harming thoughts and will help you to look into the situation that triggers you to do self-harm in a different positive way

I will try to think differently about the situation that is triggering me to	
--	--

self-harm.	
I will try to not act immediately.	I can do instead: _____ _____
I will talk to myself in a more compassionate way.	I will say: _____ _____ _____
I will remove the dangerous objects from my reach when I am having troubling thoughts	I can remove _____ _____ _____
I will resist the feeling of pain go away by hurting myself.	
I will try to express my feelings in a creative way.	What I can do _____ _____ _____ _____ _____

**Build Your Own support network:** Self-harm can be reduced with the help of an effective support group. The support group consists of people you trust and can turn to in your difficult times. Write down the name of people that can be a part of your support group

\_\_\_\_\_

\_\_\_\_\_

## References

[Slee, N., Arensman, E., Garnefski, N., & Spinhoven, P. \(2007\). Cognitive-behavioral therapy for deliberate self-harm. \*Crisis\*, 28\(4\), 175-182.](#)

[Hawton, K., Witt, K. G., Salisbury, T. L. T., Arensman, E., Gunnell, D., Hazell, P., ... & van Heeringen, K. \(2016\). Psychosocial interventions following self-harm in adults: a systematic review and meta-analysis. \*The Lancet Psychiatry\*, 3\(8\), 740-750.](#)

You can download more Mental Health worksheets [here](#).

**Please note:** There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.