

Self Injury Questionnaire

1. Why do you injure yourself?
2. How do you self-injure most often? Do you use other methods? If so, what are they?
3. Do you feel pain during the act?
4. How do you feel before, during, and after? How long does a session usually last?
5. Do you have a ritual? What is it?
6. Do drugs or alcohol play a role?
7. How do you know when it's time to stop a particular session?
8. Do you have effective methods for stopping yourself? Please describe them?
9. Have you ever self-injured in front of anyone?
10. Are you "out" about the self-injury? How do you hide it? Do you know anyone else who does this?
11. If you have told people about your self-injury, how did you do it? How did they react?
12. Have you been medically treated for self-inflicted injuries? How many times? Have the doctors pulled attitude on you?
13. Have you taken medication to control self-injury? What medications and what doses worked best for you?
14. Have you ever been hospitalized because of self-injury? What were the circumstances?
15. Have you ever lost a therapist because she or he couldn't deal with your self-injurious behavior?
16. What other negative consequences has self-injury had for you?
17. Do you suffer from other disorders (anorexia, depression, substance abuse, kleptomania, etc.)? If so, what are they? Were you abused or severely traumatized?

Reference: <http://www.palace.net>