

Self – Harm Exercise

List ways you self-injure:

Answer the following (be honest, it won't help to avoid the truth here):

How does this behavior give me a sense of control?

How does this behavior give meaning to my life?

How does this behavior help me get revenge?

How does this behavior reinforce my feelings of guilt, shame, blame?

How does this behavior punish me?

What am I punishing myself for?

How does this behavior bring me nurturing, affection, emotional closeness?

How does this behavior make me feel better?

What emotions do I communicate through my self-harm?

How does this behavior distance me from others?

What emotional tension am I releasing?