

19 avoiding things you can use to hurt yourself

you need to know

When you are ready to stop your SI, you need to start avoiding the things that you use to hurt yourself.

If you are a cigarette smoker who wants to quit, you will certainly not want to have cigarettes anywhere near you. If you are trying to build healthy eating habits, you don't want to have a kitchen full of ice cream, cookies, and snacks high in calories. Similarly, if you are in the habit of cutting, burning, or hurting yourself in other ways, then you don't want to be around the things you commonly use to hurt yourself.

It is impossible to avoid everything you might use to hurt yourself. But most teens who self-injure use the same things each time, and you can certainly make an effort to stay away from objects such as scissors, matches, or razor blades.

Making the effort to avoid the things that you use to hurt yourself is an important step on your road to recovery.

activity 19 * avoiding things you can use to hurt yourself

Make a list of the things you use to self-injure, noting where each one is now and where you can put it so that it will not be around when feel like hurting yourself. Certain objects that you might use will be hard to avoid, but you can still keep from having them close at hand.

Objects You Use to Hurt Yourself	Where They Are Now	Where You Can Put Them To Make Them Harder To Use on an Impulse

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thinking about yourself

What might prevent you from making the commitment to keep away from things you use to hurt yourself?

Who can help you stay away from those things? Think of as many people as you can.

What thoughts go through your mind when you feel like hurting yourself? List them below.

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When you have the urge to hurt yourself, try to control it for as long as you can, and notice how long it takes to go away. In the space below, rate how strong your urge is for each five-minute period, with 5 = "I can barely control my urge to hurt myself" and 1 = "It is not a big deal."

Minutes	Rate Your Urge
5	
10	
15	
20	
25	
30	
35	
40	
45	