

# creating an si emergency kit 27

## you need to know

Many people who self-injure find it useful to create an emergency kit, which is an actual box with contents that will help them when they feel they must self-injure.

These are some things you can put in your emergency kit:

- A list of people you can call
- A list of things you can do when you feel like hurting yourself (as in Activity 20)
- A journal to write your thoughts and feelings in
- A ball, such as a tennis ball, you can squeeze to let out your tensions
- A CD or tape of soothing music
- A photograph of someone you care about

List some other things you can put in your emergency kit.

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activity 27 \* creating an si emergency kit

## thinking about yourself

What do you think would be the most useful items in your emergency kit?

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What might prevent you from using your emergency kit?

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Can you carry your emergency kit with you? If your answer is yes, how can you make certain to do it? If your answer is no, explain your answer.

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Feeling that you are going to self-injure would be one reason to have an emergency kit. Can you think of other emotional emergencies that this kit might be used for? Write them below.

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