

Learning To Ride The Wave

- a self-injury journal

Even though you can't stop the flood of emotions or urges from occurring, the act of self-injury is a choice. Answer the following questions to identify the negative feelings, triggers, or situations that lead you to self-injure:

1. What was going on in my life when I first began to injure myself?
2. How do I feel just before I want to injure myself?
3. Am I always in the same place or with a particular person when I get the urge to injure myself?
4. Do I always feel the same emotion when I get the urge to injure myself?
5. How can I better deal with the situations that trigger me?



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