

# MAPPING OUT THE SELF-INJURY CYCLE

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## PURPOSE

One of the most important tasks is increasing awareness of the connection between self-injury behaviour and a person's emotions, thoughts, and behaviours.

## INSTRUCTIONS

The following questions provide a guide to helping the person discover their experience of the self-injury cycle:



### FINDING TRIGGERS

- What kinds of situations cause you to feel stressed out?
- When do you notice yourself becoming angry? Scared? Sad?
- How do you handle conflict?
- What overwhelms you?



### DISCOVERING WHAT CONTINUES THE ESCALATION

- What do you notice in your thoughts when you are angry?
- What do you say to yourself when you experience other strong emotions?
- Do you consider yourself to be a perfectionist?
- What kind of self-talk do you use when you are upset?



### PRIOR TO THE SELF-INJURY BEHAVIOUR

- What do you notice usually happens right before you cut/burn/scratch/hit?
- Do you feel an impending sense of dread or panic?
- Do you feel numb, unfeeling, or dissociated?

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## SELF-INJURY BEHAVIOUR & THE IMMEDIATE IMPACT

- What happens after you cut/burn/scratch/hit?
- Describe how you feel immediately after the self-injury behaviour.
- How do you think the self-injury behaviour helps you?
- Do you feel better after? If so, tell me how.

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## THE AFTERMATH

- How long do you feel better? When do you notice that start to change?
- How do you feel after a few hours?
- Do you experience a sense of guilt or shame?

