

# Mindfulness Audio for People Who Self-Injure

## Objective

To increase mindful awareness so you will treat your body with respect.

## You Should Know

This audio was developed for people who self-injure. The script asks listeners to set their intention to stop hurting themselves and treat their bodies with respect. It combines the techniques of mindful awareness and progressive relaxation technique.

[Click here to listen to this audio.](#)

Right click the link to download the audio to your computer, and from there you can transfer it to a smartphone or other audio player. Use it whenever you are feeling anxious or stressed. Click here to listen to this audio.

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Use the following chart to record your daily relaxation practice. Make several copies of this chart, and keep a record of the time you spend practicing this relaxation technique until it is truly a habit. You want it to become routine – something you do without thinking, like brushing your teeth. It is also useful to note your general mood, both before and after, your daily relaxation exercise.

Day	Time of Day	Minutes	Mood Before Relaxation	Mood After Relaxation
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

## Reflections on This Exercise

How helpful was this exercise? \_\_\_\_\_

(1 = not very helpful, 5 = moderately helpful, 10 = extremely helpful)

What did you learn from this exercise?

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