

Non-Suicidal Self-Injury Assessment

Answer the following questions as honestly as possible.

1. Have you ever done any of the following with the purpose of intentionally hurting yourself? Check off any of the statements that apply to you.

- Severely scratched or pinched with fingernails or other objects to the point that bleeding or marks occur
- Cut wrists, arms, legs, torso, or other areas of the body
- Dripped acid onto skin
- Carved words or symbols into the skin
- Ingested a dangerous substance or sharp object (Drano, cleaning substances, pins, etc.)
- Bitten yourself to the point that bleeding occurs, or marks remain on the skin
- Tried to break your own bone(s)
- Broke your own bone(s)
- Ripped or torn skin
- Burned yourself
- Rubbed glass into skin or stuck sharp objects such as needles, pins, and staples into or underneath the skin (not including tattooing, body piercing, or needles used for medication use)
- Banged or punched *objects* to the point of bruising or bleeding
- Punched or banged *yourself* to the point of bruising or bleeding
- Intentionally prevented wounds from healing
- Engaged in fighting or other aggressive activities with the intention of getting hurt

2. Are there any other ways you have physically hurt or mutilated your body with the purpose of hurting yourself?

- Yes (please specify: _____)
- No

How true are the following statements about why you hurt yourself? Please select the most accurate response.

I hurt myself to...	Strongly Disagree	Somewhat Disagree	Somewhat Agree	Strongly Agree
feel something				
punish myself or atone for sins				
get a rush or surge of energy				
attempt or "practice" suicide				
cope with feelings of self-hatred				
cope with uncomfortable feelings				
deal with frustration				

I hurt myself to...	Strongly Disagree	Somewhat Disagree	Somewhat Agree	Strongly Agree
manage anger				
feel more in control of myself or my life				
get attention				
change my emotional pain into physical sensations				
avoid killing myself				
shock or hurt someone				
relieve stress or pressure				
manage urges that I can't stop				
feel good				
avoid hurting myself in other ways				
Other: _____				

When was the last time you hurt yourself in one of the ways listed above?

- ___ Less than one week ago
- ___ Between one week and one month ago
- ___ Between one and three months ago
- ___ Between three and six months ago
- ___ Between six months and one year ago
- ___ More than one year ago

How likely are you to hurt yourself again?

- ___ Very likely
- ___ Somewhat likely
- ___ Not sure
- ___ Somewhat unlikely
- ___ Very unlikely

How old were you the first time you self-injured? _____

How old were you the last time you self-injured? _____

Approximately how many times have you hurt yourself?

- ___ Just once
- ___ 2-4 times
- ___ 5-10 times
- ___ More than 10 times

On what areas of your body have you intentionally hurt yourself?

- | | | |
|------------|-------------|--------------------|
| ___ Wrists | ___ Stomach | ___ Feet |
| ___ Hands | ___ Chest | ___ Face |
| ___ Arms | ___ Back | ___ Lips or tongue |

- | | | |
|---|---------------------------------------|------------------------------------|
| <input type="checkbox"/> Fingers | <input type="checkbox"/> Buttocks | <input type="checkbox"/> Breast |
| <input type="checkbox"/> Calves or ankles | <input type="checkbox"/> Head | <input type="checkbox"/> Shoulders |
| <input type="checkbox"/> Neck | <input type="checkbox"/> Genitals | <input type="checkbox"/> Rectum |
| <input type="checkbox"/> Thighs | <input type="checkbox"/> Other: _____ | |

Which of the following descriptions best describes why you first hurt yourself?

- A friend suggested you try it.
- You read about it online and decided to try it.
- You saw it in a movie/on television or read about it and decided to try it.
- It seemed to work for other people you know.
- It seemed to work for celebrities.
- You accidentally discovered it.
- It was part of a dare.
- You did it because you had friends who did it and you wanted to fit in.
- You wanted to be part of a group.
- You wanted to shock or hurt someone.
- You were upset and decided to try it.
- You wanted someone to notice you and/or your injuries.
- It felt good.
- You were angry at someone.
- You were angry with yourself.
- You were drunk or high.
- Other: _____
- You can't remember.

Have you ever hurt yourself more severely than you expected? Yes / No
 How many times? _____

Have you ever hurt yourself so badly you should have been seen by a medical professional (even if you were not)? Yes / No

Were you under the influence of drugs or alcohol in any instance you hurt yourself more severely than you expected? Yes / No

Describe one specific thing you have done to intentionally hurt yourself.

Have you ever sought medical treatment (not therapy) for any of the physical injuries you caused? Yes / No

How often do you hurt yourself when you are in your most active phase(s)?

- Every day
- 2-3 times a week
- Once a week

- 1-3 times a month
- Once every few months
- About once a year
- Once every two or more years

During the period(s) in which you most actively hurt yourself, what was the longest interval of time during which you did not hurt yourself?

- Less than a week
- Less than a month
- 1-3 months
- 4-6 months
- 7-12 months
- More than a year

Rate the following statements.	Strongly disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Strongly agree	Does not apply
I always hurt myself in private.						
I sometimes hurt myself when others are around.						
I sometimes let other people hurt me.						
I have physically hurt another person.						
I have a routine I follow when I hurt myself.						
I have a place/room I prefer to be in when I hurt myself.						
I hurt myself more deeply and/or in more places on my body over time to get the same effect.						
I want to stop hurting myself but have trouble stopping.						

Rate the following statements.	Strongly disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Strongly agree	Does not apply
I won't need help from someone to stop hurting myself. I can do it on my own.						
Nothing else works as well as hurting myself to calm down or cope.						
I fight the urge to start hurting myself again.						
I go through periods in which I hurt myself, then periods in which I don't, and this pattern repeats.						
When I have the urge to hurt myself I can easily control myself.						
The fact that I hurt myself is a problem in my life.						

The fact I hurt myself interferes with:

- relationships which are important to me.
- my ability to complete school or work obligations.
- my ability to take care of myself (eat well, exercise, etc.).
- my ability to engage in hobbies or things that I like to do.
- my self-worth / self-esteem.
- the clothing I wear.
- Other: _____
- It does not interfere with my life in any way.

Someone knows you intentionally hurt yourself and has had a conversation with you about it. Yes / No

Who knows about it and has talked with you about it?

- Parent or custodial guardian
- Sibling
- Friend

- Boyfriend/girlfriend or spouse/partner
- Other relative
- Teacher
- Coach
- Co-worker
- Therapist
- Healthcare provider/physician
- Religious or spiritual leader (e.g., priest, pastor, rabbi)
- Other: _____

Did you initiate the conversation or did they? _____

Have the conversation(s) you have had with this person been helpful? Yes / No
 I don't know

One or more people know or suspect that you hurt yourself but have not had a conversation with you about it. Yes / No
 Possibly, but I don't know

Do you wish this person would talk with you about it? Yes / No
 I don't know

No one knows that I intentionally hurt myself. True / False

Have you ever gone to therapy because you hurt yourself? Yes / No
 Hurting myself was part of the reason I went but not the entire reason.

Did someone else insist you go to therapy or did you decide to go on your own?
 Someone else insisted I go.
 I went on my own.
 Other: _____

If you have received therapy for any reason, did you hurt yourself after your treatment ended?

- Yes, I hurt myself after treatment.
- No, I completely stopped hurting myself after receiving treatment.
- I have seen multiple therapists about hurting myself and some helped me, and some did not.

How helpful was therapy in helping you stop hurting yourself?

- Very helpful
- Helpful
- Somewhat helpful
- Not at all helpful

What in your experience with therapy (even if your experience with hurting yourself was not the focus of therapy) has been most helpful in helping you understand or control hurting yourself?

How has your experience with hurting yourself impacted your life, both positively and negatively?

- I still cannot talk about it and sometimes even thinking about it is difficult.
- The lasting marks/scars are constant reminders of a bad/rough time in my life.
- I am now able to help others who hurt themselves.
- In thinking/discussing my experience around hurting myself, I have learned a lot about myself and have mentally/emotionally grown.
- My scars are my battle wounds.
- Discussion of my experience around hurting myself helps me grow closer to the people I care about.
- The remaining marks/scars are a source of embarrassment for me.
- It really did not impact my life much at all.
- Other: _____

Adapted from Janis Whitlock and Amanda Purington, The Cornell Research Program on Self-Injury and Recovery, www.selfinjury.bctr.cornell.edu