

## Self-Harm Behavioral Log

Use this log to track self-harming behaviors. Fill in the information as indicated below.

1. **How Often?** Write down the number of times you injured yourself. Use checkmarks to keep track.
2. **Emotional Distress:** Rate the intensity of your distress from 1 to 10, where 1 = minimal distress to 10 = severe distress.
3. **Triggers:** Write down specific situations, events, or thoughts that triggered you to harm yourself.
4. **Coping Strategies:** Write down your coping strategies to calm yourself or stop self-harming behaviors.
5. **Emotional State:** Record how you felt before, during, and after you engaged in self-harming behaviors.
6. **Consequences (emotional, physical, social):** Reflect on the consequences of your self-harming behaviors.

Name: \_\_\_\_\_ Week of: \_\_\_\_\_

Day	How Often?	Emotional Distress (1-10)	Triggers	Coping Strategies	Emotional State	Consequences
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

**Comments and insights about strategies or techniques used to stop or reduce self-harming behaviors. This could include activities such as deep breathing, exercising, talking to someone, or any other techniques learned in therapy.**

A large, empty rectangular box with a thin black border, intended for the user to write their comments and insights about strategies or techniques used to stop or reduce self-harming behaviors.