

The Cycle of Self-Injury

A: MENTAL ANGUISH

What goes through your mind at that time? (Thoughts, self-critical thoughts, images, physical sensations) What were you reacting to? What did that mean, or say about you?

B: EMOTIONAL ENGULFMENT

What distressing emotions did you experience? How intense was it on a scale of 0 – 100%?

C: PANIC STATIONS

What happened next? What did you feel like doing? What did you feel? (feeling out of control, numbness, detachment, unreality)

F: THE GRIEF REACTION

When did you start to feel bad about self injuring? What did you feel? (shame, guilt, self-disgust, self-hate)
What did you think about yourself?

D: ACTION STATIONS

In what way did you self injure? How? Where? When? How aware were you when you self injured? What pain did you experience?
What reason did you give your need to self injure? (punishment, release, dissociate, communicate distress, gain control, warding off suicidal thoughts etc)

E: FEEL BETTER / DIFFERENT

How did you feel immediately afterwards? (Relief, euphoria, numb, detached, more real, more grounded, satisfied, more calm)
How intense did you feel it?
0 – 100%