

The 5 W's of disclosing self-harm

It can be hard to decide where to start when you are ready to talk, so break it down into the 5 w's of who you want to tell, what you want to tell them, when you would like to try talking, why you are telling them and where you feel comfortable to have this conversation, to help you plan what you would like to share and how you want to do this.

Who

When

Where

Why

What

It can be difficult for other people to understand why you self-harm and it is natural for whoever you tell to have questions once you have shared this with them. Remember you don't have to answer anything you are not comfortable with, but if you would like to try to help them understand better it is useful to think about the kinds of things you might be asked ahead of time to you prepare.

Here are some suggested ways you can respond to questions you don't want to answer:
I'm not ready to talk about that / I'd rather not say / I am not comfortable sharing that / I'd prefer not to discuss that right now / that question is too difficult for me to answer at the moment.

Write down things you think you might be asked, and how you might answer these questions.